

Group XIV. No. 166

Price 10 cents

GV 491
.W25
Copy 1

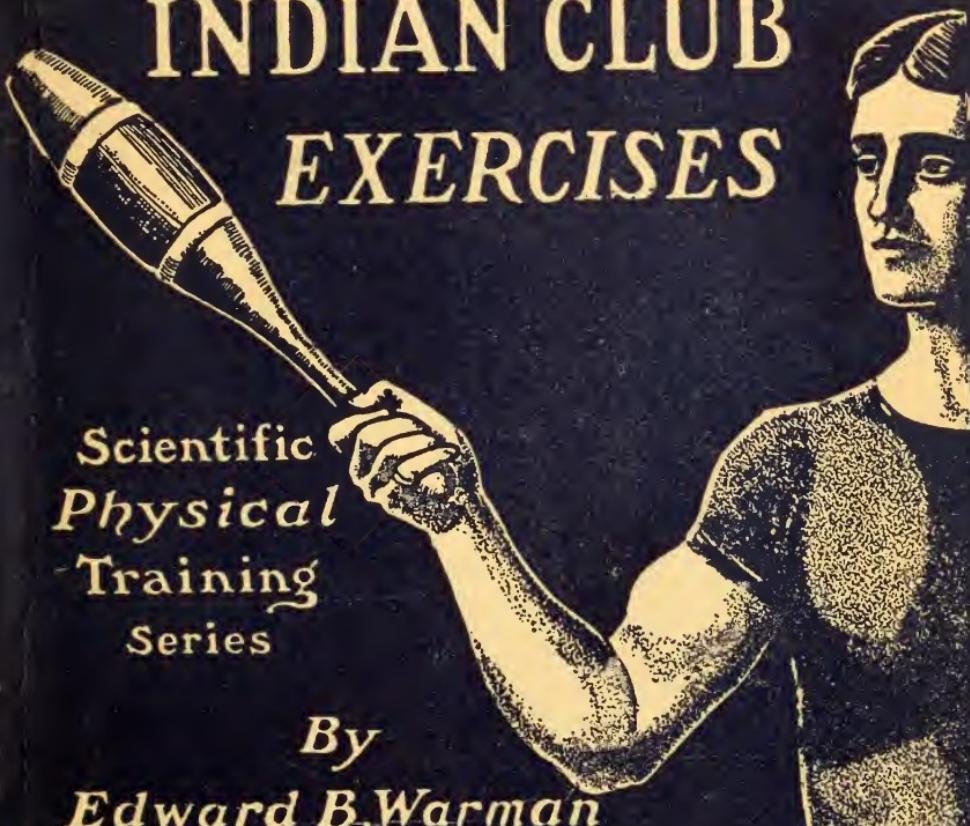
SPALDING'S

ATHLETIC LIBRARY

INDIAN CLUB EXERCISES

Scientific
Physical
Training
Series

By
Edward B. Warman



AMERICAN SPORTS PUBLISHING CO.
21 Warren Street, New York



A.G. SPALDING & BROS.
MAINTAIN THEIR OWN HOUSES
FOR DISTRIBUTING THE
SPALDING
COMPLETE LINE OF
ATHLETIC GOODS
IN THE FOLLOWING CITIES



NEW YORK
Downtown—
124-128 Nassau St.
Up town—
29-33 West 42d St.
NEWARK, N. J.
845 Broad Street
BOSTON, MASS.
141 Federal Street
PHILADELPHIA, PA.
1210 Chestnut Street
PITTSBURG, PA.
439 Wood Street
BUFFALO, N. Y.
611 Main Street
SYRACUSE, N. Y.
University Block
BALTIMORE, MD.
205 East Baltimore St.
WASHINGTON, D. C.
709 14th St., N.W.
MONTRÉAL, P. Q.
443 St. James St.
317-318,
High Holborn, W. C.
BIRMINGHAM, ENG.
57, New Street
SYDNEY, AUSTRALIA, 228 Clarence St.

CHICAGO
147-149 Wabash Ave.
ST. LOUIS, MO.
415 North Seventh St.
KANSAS CITY, MO.
1120 Grand Ave.
CINCINNATI, O.
119 East Fifth St.
CLEVELAND, O.
741 Euclid Ave.
COLUMBUS, O.
191 South High St.
DETROIT, MICH.
254 Woodward Ave.
MILWAUKEE, WIS.
379 East Water St.
INDIANAPOLIS, IND.
211 Massachusetts Ave.
LOUISVILLE, KY.
328 West Jefferson St.
LONDON, ENGLAND
Three Stores
(78, Cheapside
EDINBURGH, SCOT.
SYDNEY, AUSTRALIA, 228 Clarence St.

SAN FRANCISCO
156-158 Geary St.
MINNEAPOLIS, MINN.
39 Sixth St., South
ST. PAUL, MINN.
386 Minnesota St.
DENVER, COL.
1616 Arapahoe St.
LOS ANGELES, CAL.
435 South Spring St.
SEATTLE, WASH.
711 Second Ave.
NEW ORLEANS, LA.
140 Carondelet St.
ATLANTA, GA.
74 N. Broad Street
DALLAS, TEX.
355 Commerce St.
TORONTO, ONT.
189 Yonge St.
West End Branch:
29, Haymarket, S. W.
EDINBURGH, SCOT.
3 South Charlotte St. cor. Princes St.

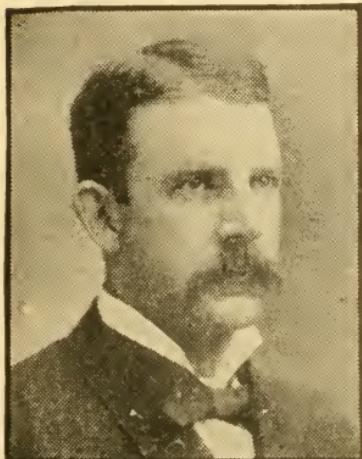
Communications directed to A. G. SPALDING & BROS., at any of the above addresses, will receive prompt attention.

THE SPALDING TRADE MARK IS REGISTERED IN THE UNITED STATES PATENT OFFICE, ALSO IN 27 FOREIGN COUNTRIES. INFRINGERS ARE WARNED.



THE SPALDING TRADE-MARK IS THE FOUNDATION OF THE SPALDING BUSINESS

Spalding's Athletic Library



A. G. SPALDING

Anticipating the present tendency of the American people toward a healthful method of living and enjoyment, Spalding's Athletic Library was established in 1892 for the purpose of encouraging athletics in every form, not only by publishing the official rules and records pertaining to the various pastimes, but also by instructing, until to-day Spalding's Athletic Library is unique in its own particular field and has been conceded the greatest educational series on athletic and physical training subjects that has ever been compiled.

The publication of a distinct series of books devoted to athletic sports and pastimes and designed to occupy the premier place in America in its class was an early idea of Mr. A. G. Spalding, who was one of the first in America to publish a handbook devoted to athletic sports, Spalding's Official Base Ball Guide being the initial

number, which was followed at intervals with other handbooks on the sports prominent in the '70s.

Spalding's Athletic Library has had the advice and counsel of Mr. A. G. Spalding in all of its undertakings, and particularly in all books devoted to the national game. This applies especially to Spalding's Official Base Ball Guide and Spalding's Official Base Ball Record, both of which receive the personal attention of Mr. A. G. Spalding, owing to his early connection with the game as the leading pitcher of the champion Boston and Chicago teams of 1872-76. His interest does not stop, however, with matters pertaining to base ball; there is not a sport that Mr. Spalding does not make it his business to become familiar with, and that the Library will always maintain its premier place, with Mr. Spalding's able counsel at hand, goes without saying.

The entire series since the issue of the first number has been under the direct personal supervision of Mr. James E. Sullivan, President of the American Sports Publishing Company, and the total series of consecutive numbers reach an aggregate of considerably over three hundred, included in which are many "annuals," that really constitute the history of their particular sport in America year by year, back copies of which are even now eagerly sought for, constituting as they do the really first authentic records of events and official rules that have ever been consecutively compiled.

When Spalding's Athletic Library was founded, seventeen years ago, track and field athletics were practically unknown outside the larger colleges and a few athletic clubs in the leading cities, which gave occasional meets, when an entry list of 250 competitors was a subject of comment; golf was known only by a comparatively few persons; lawn tennis had some vogue and base ball was practically the only established field

EDITORS OF SPALDING'S ATHLETIC LIBRARY

sport, and that in a professional way; basket ball had just been invented; athletics for the schoolboy—and schoolgirl—were almost unknown, and an advocate of class contests in athletics in the schools could not get a hearing. To-day we find the greatest body of athletes in the world is the Public Schools Athletic League of Greater New York, which has had an entry list at its annual games of over two thousand, and in whose "elementary series" in base ball last year 106 schools competed for the trophy emblematic of the championship.

While Spalding's Athletic Library cannot claim that the rapid growth of athletics in this country is due to it solely, the fact cannot be denied that the books have had a great deal to do with its encouragement, by printing the official rules and instructions for playing the various games at a nominal price, within the reach of everyone, with the sole object that its series might be complete and the one place where a person could look with absolute certainty for the particular book in which he might be interested.

In selecting the editors and writers for the various books, the leading authority in his particular line has been obtained, with the result that no collection of books on athletic subjects can compare with Spalding's Athletic Library for the prominence of the various authors and their ability to present their subjects in a thorough and practical manner.

A short sketch of a few of those who have edited some of the leading numbers of Spalding's Athletic Library is given herewith:

JAMES E. SULLIVAN



President American Sports Publishing Company; entered the publishing house of Frank Leslie in 1878, and has been connected continuously with the publishing business since then and also as athletic editor of various New York papers; was a competing athlete; one of the organizers of the Amateur Athletic Union of the United States; has been actively on its board of governors since its organization until the present time, and President for two successive terms; has attended every champion-

ship meeting in America since 1879 and has officiated in some capacity in connection with American amateur championships track and field games for nearly twenty-five years; assistant American director Olympic Games, Paris, 1900; director Pan-American Exposition athletic department, 1901; chief department physical culture Louisiana Purchase Exposition, St. Louis, 1904; secretary American Committee Olympic Games, at Athens, 1906; honorary director of Athletics at Jamestown Exposition, 1907; secretary American Committee Olympic Games, at London, 1908; member of the Pastime A. C., New York; honorary member Missouri A. C., St. Louis; honorary member Olympic A. C., San Francisco; ex-president Pastime A. C., New Jersey A. C., Knickerbocker A. C.; president Metropolitan Association of the A. A. U. for fifteen years; president Outdoor Recreation League; with Dr. Luther H. Gulick organized the Public Schools Athletic League of New York, and is now chairman of its games committee and member executive committee; was a pioneer in playground work and one of the organizers of the Outdoor Recreation League of New York; appointed by President Roosevelt as special commissioner to the Olympic Games at Athens, 1906, and decorated by King George I. of the Hellenes (Greece) for his services in connection with the Olympic Games; appointed special commissioner by President Roosevelt to the Olympic Games at London, 1908; appointed by Mayor McClellan, 1908, as member of the Board of Education of Greater New York.

EDITORS OF SPALDING'S ATHLETIC LIBRARY

WALTER CAMP



For quarter of a century Mr. Walter Camp of Yale has occupied a leading position in college athletics. It is immaterial what organization is suggested for college athletics, or for the betterment of conditions, insofar as college athletics is concerned, Mr. Camp has always played an important part in its conferences, and the great interest in and high plane of college sport to-day, are undoubtedly due more to Mr. Camp than to any other individual. Mr. Camp has probably written more on college

athletics than any other writer and the leading papers and magazines of America are always anxious to secure his expert opinion on foot ball, track and field athletics, base ball and rowing. Mr. Camp has grown up with Yale athletics and is a part of Yale's remarkable athletic system. While he has been designated as the "Father of Foot Ball," it is a well known fact that during his college career Mr. Camp was regarded as one of the best players that ever represented Yale on the base ball field, so when we hear of Walter Camp as a foot ball expert we must also remember his remarkable knowledge of the game of base ball, of which he is a great admirer. Mr. Camp has edited Spalding's Official Foot Ball Guide since it was first published, and also the Spalding Athletic Library book on How to Play Foot Ball. There is certainly no man in American college life better qualified to write for Spalding's Athletic Library than Mr. Camp.

DR. LUTHER HALSEY GULICK



The leading exponent of physical training in America; one who has worked hard to impress the value of physical training in the schools; when physical training was combined with education at the St. Louis Exposition in 1904 Dr. Gulick played an important part in that congress; he received several awards for his good work and had many honors conferred upon him; he is the author of a great many books on the subject; it was Dr. Gulick, who, acting on the suggestion of James E. Sullivan,

organized the Public Schools Athletic League of Greater New York, and was its first Secretary; Dr. Gulick was also for several years Director of Physical Training in the public schools of Greater New York, resigning the position to assume the Presidency of the Playground Association of America. Dr. Gulick is an authority on all subjects pertaining to physical training and the study of the child.

JOHN B. FOSTER



Successor to the late Henry Chadwick ("Father of Base Ball") as editor of Spalding's Official Base Ball Guide; sporting editor of the New York Evening Telegram; has been in the newspaper business for many years and is recognized throughout America as a leading writer on the national game; a staunch supporter of organized base ball, his pen has always been used for the betterment of the game.

EDITORS OF SPALDING'S ATHLETIC LIBRARY



TIM MURNANE

Base Ball editor of the Boston Globe and President of the New England League of Base Ball Clubs; one of the best known base ball men of the country; known from coast to coast; is a keen follower of the game and prominent in all its councils; nearly half a century ago was one of America's foremost players; knows the game thoroughly and writes from the point of view both of player and an official.



HARRY PHILIP BURCHELL

Sporting editor of the New York Times; graduate of the University of Pennsylvania; editor of Spalding's Official Lawn Tennis Annual; is an authority on the game; follows the movements of the players minutely and understands not only tennis but all other subjects that can be classed as athletics; no one is better qualified to edit this book than Mr. Burchell.



GEORGE T. HEPBRON

Former Young Men's Christian Association director; for many years an official of the Athletic League of Young Men's Christian Associations of North America; was connected with Dr. Luther H. Gulick in Young Men's Christian Association work for over twelve years; became identified with basket ball when it was in its infancy and has followed it since, being recognized as the leading exponent of the official rules; succeeded Dr. Gulick as editor of the Official Basket Ball

Guide and also editor of the Spalding Athletic Library book on How to Play Basket Ball.



JAMES S. MITCHEL

Former champion weight thrower; holder of numerous records, and is the winner of more championships than any other individual in the history of sport; Mr. Mitchel is a close student of athletics and well qualified to write upon any topic connected with athletic sport; has been for years on the staff of the New York Sun.

EDITORS OF SPALDING'S ATHLETIC LIBRARY

MICHAEL C. MURPHY



The world's most famous athletic trainer; the champion athletes that he has developed for track and field sports, foot ball and base ball fields, would run into thousands; he became famous when at Yale University and has been particularly successful in developing what might be termed championship teams; his rare good judgment has placed him in an enviable position in the athletic world; now with the University of Pennsylvania; during his career has trained only at two colleges and one athletic club, Yale and the University of Pennsylvania and Detroit Athletic Club; his most recent triumph was that of training the famous American team of athletes that swept the field at the Olympic Games of 1908 at London.

DR. C. WARD CRAMPTON



Succeeded Dr. Gulick as director of physical training in the schools of Greater New York; as secretary of the Public Schools Athletic League is at the head of the most remarkable organization of its kind in the world; is a practical athlete and gymnast himself, and has been for years connected with the physical training system in the schools of Greater New York, having had charge of the High School of Commerce.

DR. GEORGE J. FISHER



Has been connected with Y. M. C. A. work for many years as physical director at Cincinnati and Brooklyn, where he made such a high reputation as organizer that he was chosen to succeed Dr. Luther H. Gulick as Secretary of the Athletic League of Y. M. C. A.'s of North America, when the latter resigned to take charge of the physical training in the Public Schools of Greater New York.

DR. GEORGE ORTON



On athletics, college athletics, particularly track and field, foot ball, soccer foot ball, and training of the youth, it would be hard to find one better qualified than Dr. Orton; has had the necessary athletic experience and the ability to impart that experience intelligently to the youth of the land; for years was the American, British and Canadian champion runner.

EDITORS OF SPALDING'S ATHLETIC LIBRARY



FREDERICK R. TOOMBS

A well known authority on skating, rowing, boxing, racquets, and other athletic sports; was sporting editor of American Press Association, New York; dramatic editor; is a lawyer and has served several terms as a member of Assembly of the Legislature of the State of New York; has written several novels and historical works.



R. L. WELCH

A resident of Chicago; the popularity of indoor base ball is chiefly due to his efforts; a player himself of no mean ability; a first-class organizer; he has followed the game of indoor base ball from its inception.



DR. HENRY S. ANDERSON

Has been connected with Yale University for years and is a recognized authority on gymnastics; is admitted to be one of the leading authorities in America on gymnastic subjects; is the author of many books on physical training.



CHARLES M. DANIELS

Just the man to write an authoritative book on swimming; the fastest swimmer the world has ever known; member New York Athletic Club swimming team and an Olympic champion at Athens in 1906 and London, 1908. In his book on Swimming, Champion Daniels describes just the methods one must use to become an expert swimmer.



GUSTAVE BOJUS

Mr. Bojus is most thoroughly qualified to write intelligently on all subjects pertaining to gymnastics and athletics; in his day one of America's most famous amateur athletes; has competed successfully in gymnastics and many other sports for the New York Turn Verein; for twenty years he has been prominent in teaching gymnastics and athletics; was responsible for the famous gymnastic championship teams of Columbia University; now with the Jersey City high schools.

EDITORS OF SPALDING'S ATHLETIC LIBRARY



CHARLES JACOBUS

Admitted to be the "Father of Roque;" one of America's most expert players, winning the Olympic Championship at St. Louis in 1904; an ardent supporter of the game and follows it minutely, and much of the success of roque is due to his untiring efforts; certainly there is no one better qualified to write on this subject than Mr. Jacobus.



DR. E. B. WARMAN

Well known as a physical training expert; was probably one of the first to enter the field and is the author of many books on the subject; lectures extensively each year all over the country.



W. J. CROMIE

Now with the University of Pennsylvania; was formerly a Y. M. C. A. physical director; a keen student of all gymnastic matters; the author of many books on subjects pertaining to physical training.



G. M. MARTIN

By profession a physical director of the Young Men's Christian Association; a close student of all things gymnastic, and games for the classes in the gymnasium or clubs.



PROF. SENAC

A leader in the fencing world; has maintained a fencing school in New York for years and developed a great many champions; understands the science of fencing thoroughly and the benefits to be derived therefrom.

SPALDING ATHLETIC LIBRARY

Giving the Titles of all Spalding Athletic Library Books now
in print, grouped for ready reference

SPALDING OFFICIAL ANNUALS

- | | | |
|--------|---------------------|------------------------|
| No. 1 | Spalding's Official | Base Ball Guide |
| No. 1A | Spalding's Official | Base Ball Record |
| No. 2 | Spalding's Official | Foot Ball Guide |
| No. 2A | Spalding's Official | Soccer Foot Ball Guide |
| No. 3 | Spalding's Official | Cricket Guide |
| No. 4 | Spalding's Official | Lawn Tennis Annual |
| No. 5 | Spalding's Official | Golf Guide |
| No. 6 | Spalding's Official | Ice Hockey Guide |
| No. 7 | Spalding's Official | Basket Ball Guide |
| No. 8 | Spalding's Official | Bowling Guide |
| No. 9 | Spalding's Official | Indoor Base Ball Guide |
| No. 10 | Spalding's Official | Roller Polo Guide |
| No. 12 | Spalding's Official | Athletic Almanac |

GROUP I.

Base Ball

- | | |
|---------|---|
| No. 1 | Spalding's Official Base Ball
Guide. |
| No. 1A | Official Base Ball Record. |
| No. 202 | How to Play Base Ball. |
| No. 223 | How to Bat. |
| No. 232 | How to Run Bases. |
| No. 230 | How to Pitch. |
| No. 229 | How to Catch. |
| No. 225 | How to Play First Base. |
| No. 226 | How to Play Second Base. |
| No. 227 | How to Play Third Base. |
| No. 228 | How to Play Shortstop. |
| No. 224 | How to Play the Outfield. |
| No. 231 | How to Organize a Base Ball
Club.
How to Organize a Base Ball
Club.
How to Manage a Base Ball
Club.
How to Train a Base Ball Team
How to Captain a Base Ball
How to Umpire a Game. [Team
Technical Base Ball Terms.] |
| No. 219 | Ready Reckoner of Base Ball
Percentages. |

BASE BALL AUXILIARIES

- | | |
|---------|--|
| No. 319 | Minor League Base Ball Guide |
| No. 320 | Official Book National League
of Prof. Base Ball Clubs. |
| No. 321 | Official Handbook National
Playground Ball Assn. |

GROUP II.

Foot Ball

- | | |
|---------|--|
| No. 2 | Spalding's Official Foot Ball
Guide. |
| No. 334 | Code of the Foot Ball Rules. |
| No. 324 | How to Play Foot Ball. |
| No. 2A | Spalding's Official Soccer Foot
Ball Guide. |
| No. 286 | How to Play Soccer. |

FOOT BALL AUXILIARY

- | | |
|---------|--|
| No. 332 | Spalding's Official Canadian
Foot Ball Guide. |
| No. 335 | Spalding's Official Rugby Foot
Ball Guide. |

GROUP III.

Cricket

- | | |
|---------|------------------------------------|
| No. 3 | Spalding's Official Cricket Guide. |
| No. 277 | Cricket and How to Play It. |

GROUP IV.

Lawn Tennis

- | | |
|---------|--|
| No. 4 | Spalding's Official Lawn Ten-
nis Annual. |
| No. 157 | How to Play Lawn Tennis. |
| No. 279 | Strokes and Science of Lawn
Tennis. |

GROUP V.

Golf

- | | |
|---------|--------------------------------|
| No. 5 | Spalding's Official Golf Guide |
| No. 276 | How to Play Golf. |

GROUP VI.

Hockey

- | | |
|---------|--|
| No. 6 | Spalding's Official Ice Hockey
Guide. |
| No. 304 | How to Play Ice Hockey. |
| No. 154 | Field Hockey. |

- | | |
|---------|--|
| No. 188 | Lawn Hockey.
Parlor Hockey.
Garden Hockey. |
|---------|--|

- | | |
|---------|--------------|
| No. 180 | Ring Hockey. |
|---------|--------------|

HOCKEY AUXILIARY

- | | |
|---------|--|
| No. 256 | Official Handbook Ontario
Hockey Association. |
|---------|--|

GROUP VII.

Basket Ball

- | | |
|---------|---|
| No. 7 | Spalding's Official Basket
Ball Guide. |
| No. 193 | How to Play Basket Ball. |
| No. 318 | Basket Ball Guide for Women. |
- BASKET BALL AUXILIARY
- | | |
|---------|--|
| No. 323 | Official Collegiate Basket Ball
Handbook. |
|---------|--|

ANY OF THE ABOVE BOOKS MAILED POSTPAID UPON RECEIPT OF 10 CENTS

SPALDING ATHLETIC LIBRARY

Group VIII.

Bowling
No. 8 *Spalding's Official Bowling Guide.*

Group IX.

Indoor Base Ball
No. 9 *Spalding's Official Indoor Base Ball Guide.*

Group X.

Polo
No. 10 *Spalding's Official Roller Polo Guide.*

No. 129 Water Polo.
No. 199 Equestrian Polo.

Group XI. Miscellaneous Games

No. 201 Lacrosse.
No. 322 Official Handbook U. S. Inter-collegiate Lacrosse League.
No. 248 Archery.
No. 138 Croquet.
No. 271 Roque.
No. 194 Racquets.
Squash-Racquets.
Court Tennis.
No. 13 Hand Ball.
No. 167 Quoits.
No. 170 Push Ball.
No. 14 Curling.
No. 207 Lawn Bowls.
No. 188 Lawn Games.
No. 189 Children's Games.

Group XII.

Athletics
No. 12 *Spalding's Official Athletic Almanac.*
No. 27 College Athletics.
No. 182 All Around Athletics.
No. 156 Athletes' Guide.
No. 87 Athletic Primer.
No. 273 Olympic Games at Athens, 1906
No. 252 How to Sprint.
No. 255 How to Run 100 Yards.
No. 174 Distance and Cross Country Running. [Thrower.
No. 259 How to Become a Weight
No. 55 Official Sporting Rules. [boys.
No. 246 Athletic Training for School.
No. 317 Marathon Running.
No. 331 Schoolyard Athletics.

ATHLETIC AUXILIARIES

No. 311 Amateur Athletic Union Official Handbook. [book.
No. 316 Intercollegiate Official Handbook.
No. 302 Y. M. C. A. Official Handbook.
No. 313 Public Schools Athletic League Official Handbook.
No. 314 Public Schools Athletic League Official Handbook — Girls' Branch.
No. 308 Official Handbook New York Interscholastic Athletic Association.

Bowling

Group XIII.

Athletic Accomplishments

No. 177 How to Swim.
No. 296 Speed Swimming.
No. 123 How to Row.
No. 209 How to Become a Skater.
No. 178 How to Train for Bicycling.
No. 23 Canoeing.
No. 282 Roller Skating Guide.

Group XIV.

Manly Sports

No. 18 Fencing. (By Breck.)
No. 162 Boxing.
No. 165 Fencing. (By Senac.)
No. 140 Wrestling.
No. 236 How to Wrestle.
No. 102 Ground Tumbling.
No. 233 Jiu Jitsu.
No. 166 How to Swing Indian Clubs.
No. 200 Dumb Bell Exercises.
No. 143 Indian Clubs and Dumb Bells.
No. 262 Medicine Ball Exercises.
No. 29 Pulley Weight Exercises.
No. 191 How to Punch the Bag.
No. 289 Tumbling for Amateurs.
No. 326 Professional Wrestling.

Group XV.

Gymnastics

No. 104 Grading of Gymnastic Exercises. [Dumb Bell Drills.
No. 214 Graded Calisthenics and Barnjum Bar Bell Drill.
No. 254 Indoor and Outdoor Gymnastic Games.
No. 158 How to Become a Gymnast.
No. 287 Fancy Dumb Bell and Marching Drills. [Apparatus.
No. 327 Pyramid Building Without
No. 328 Exercises on the Parallel Bars.
No. 329 Pyramid Building with Wands, Chairs and Ladders
GYMNASTIC AUXILIARY
No. 333 Official Handbook I. C. A. A. Gymnasts of America.

Group XVI.

Physical Culture

No. 161 Ten Minutes' Exercise for Busy Men. [giene.
No. 208 Physical Education and Hygiene.
No. 149 Scientific Physical Training and Care of the Body.
No. 142 Physical Training Simplified.
No. 185 Hints on Health.
No. 213 285 Health Answers.
No. 238 Muscle Building. [ning.
No. 234 School Tactics and Maze Running.
No. 261 Tensing Exercises. [nastics.
No. 285 Health by Muscular Gymnastics.
No. 288 Indigestion Treated by Gymnastics.
No. 290 Get Well; Keep Well. [nastics.
No. 325 Twenty-Minute Exercises.
No. 330 Physical Training for the School and Class Room.

SPALDING ATHLETIC LIBRARY

Group I. Base Ball

No. 1—Spalding's Official Base Ball Guide.



The leading Base Ball annual of the country, and the official authority of the game. Contains the official playing rules, with an explanatory index of the rules compiled by Mr. A. G. Spalding; pictures of all the teams in the National, American and minor leagues; reviews of the season; college Base Ball, and a great deal of interesting information. Price 10 cents.

No. 1A—Spalding's Official Base Ball Record.

Something new in Base Ball. Contains records of all kinds from the beginning of the National League and official averages of all professional organizations for past season. Illustrated with pictures of leading teams and players. Price 10 cents.

No. 202—How to Play Base Ball.

Edited by Tim Murnane. New and revised edition. Illustrated with pictures showing how all the various curves and drops are thrown and portraits of leading players. Price 10 cents.

No. 223—How to Bat.

There is no better way of becoming a proficient batter than by reading this book and practising the directions. Numerous illustrations. Price 10 cents.

No. 232—How to Run the Bases.

This book gives clear and concise directions for excelling as a base runner; tells when to run and when not to do so; how and when to slide; team work on the bases; in fact, every point of the game is thoroughly explained. Illustrated. Price 10 cents.

No. 230—How to Pitch.

A new, up-to-date book. Its contents are the practical teaching of men who have reached the top as pitchers, and who know how to impart a knowledge of their art. All the big leagues' pitchers are shown. Price 10 cents.

No. 229—How to Catch.

Every boy who has hopes of being a clever catcher should read how well-known players cover their position. Pictures of all the noted catchers in the big leagues. Price 10 cents.

No. 225—How to Play First Base.

Illustrated with pictures of all the prominent first basemen. Price 10 cents.

No. 226—How to Play Second Base.

The ideas of the best second basemen have been incorporated in this book for the especial benefit of boys who want to know the fine points of play at this point of the diamond. Price 10 cents.

No. 227—How to Play Third Base.

Third base is, in some respects, the most important of the infield. All the points explained. Price 10 cents.

No. 228—How to Play Short- stop.

Shortstop is one of the hardest positions on the infield to fill, and quick thought and quick action are necessary for a player who expects to make good as a shortstop. Illus. Price 10 cents.

No. 224—How to Play the Outfield.

An invaluable guide for the outfielder. Price 10 cents.

No. 231—How to Coach; How to Captain a Team; How to Manage a Team; How to Umpire; How to Or- ganize a League; Tech- nical Terms of Base Ball.

A useful guide. Price 10 cents.

No. 219—Ready Reckoner of Base Ball Percentages.

To supply a demand for a book which would show the percentage of clubs without recourse to the arduous work of figuring, the publishers had these tables compiled by an expert. Price 10 cents.

BASE BALL AUXILIARIES.

No. 319—Minor League Base Ball Guide.

The minors' own guide. Edited by President T. H. Murnane, of the New England League. Price 10 cents.

SPALDING ATHLETIC LIBRARY

No. 320—Official Handbook of the National League of Professional Base Ball Clubs.

Contains the Constitution, By-Laws, Official Rules, Averages, and schedule of the National League for the current year, together with list of club officers and reports of the annual meetings of the League. Price 10 cents.

No. 321—Official Handbook National Playground Ball Association.

This game is specially adapted for playgrounds, parks, etc., is spreading rapidly. The book contains a description of the game, rules and list of officers. Price 10 cents.

Group II. Foot Ball

No. 2—Spalding's Official Foot Ball Guide.



Edited by Walter Camp. Contains the new rules, with diagram of field; All-America teams as selected by the leading authorities; reviews of the game from various sections of the country; scores; pictures. Price 10 cents.

No. 334—Code of the Foot Ball Rules.

This book is meant for the use of officials, to help them to refresh their memories before a game and to afford them a quick means of ascertaining a point during a game. It also gives a ready means of finding a rule in the Official Rule Book, and is of great help to a player in studying the Rules. Compiled by C.W. Short, Harvard, 1908. Price 10 cents.

No. 324—How to Play Foot Ball.

Edited by Walter Camp, of Yale. Everything that a beginner wants to know and many points that an expert will be glad to learn. Snapshots of leading teams and players in action, with comments by Walter Camp. Price 10 cents.

No. 2A—Spalding's Official Association Soccer Foot Ball Guide.

A complete and up-to-date guide to the "Soccer" game in the United States, containing instructions for playing the game, official rules, and interesting news from all parts of the country. Illustrated. Price 10 cents.



No. 286—How to Play Soc- cer.

How each position should be played, written by the best player in England in his respective position, and illustrated with full-page photographs of players in action. Price 10 cents.

FOOT BALL AUXILIARIES.

No. 332—Spalding's Official Canadian Foot Ball Guide.

The official book of the game in Canada. Price 10 cents.

No. 335—Spalding's Official Rugby Foot Ball Guide.

Contains the official rules under which the game is played in England and by the California schools and colleges. Also instructions for playing the various positions on a team. Illustrated with action pictures of leading teams and players. Price 10 cents.

Group III. Cricket

No. 3—Spalding's Official Cricket Guide.



The most complete year book of the game that has ever been published in America. Reports of special matches, official rules and pictures of all the leading teams. Price 10 cents.

No. 277—Cricket; and How to Play it.

By Prince Ranjitsinhji. The game described concisely and illustrated with full-page pictures posed especially for this book. Price 10 cents.

SPALDING ATHLETIC LIBRARY

Group IV.

Lawn Tennis

No. 4—Spalding's Official Lawn Tennis Annual.

Contents include reports of all important tournaments; official ranking from 1885 to date; laws of lawn tennis; instructions for handicapping; decisions on doubtful points; management of tournaments; directory of clubs; laying out and keeping a court. Illustrated. Price 10 cents.

No. 157—How to Play Lawn Tennis.

A complete description of lawn tennis; a lesson for beginners and directions telling how to make the most important strokes. Illustrated. Price 10 cents.

No. 279—Strokes and Science of Lawn Tennis.

By P. A. Vaile, a leading authority on the game in Great Britain. Every stroke in the game is accurately illustrated and analyzed by the author. Price 10 cents.

Group V.

Golf

No. 5—Spalding's Official Golf Guide.

Contains records of all important tournaments, articles on the game in various sections of the country, pictures of prominent players, official playing rules and general items of interest. Price 10 cents.



No. 276—How to Play Golf.

By James Braid and Harry Vardon, the world's two greatest players tell how they play the game, with numerous full-page pictures of them taken on the links. Price 10 cents.

Group VI. Hockey

No. 6—Spalding's Official Ice Hockey Guide.

The official year book of the game. Contains the official rules, pictures of leading teams and players, records, review of the season, reports from different sections of the United States and Canada. Price 10 cents.

No. 304—How to Play Ice Hockey.

Contains a description of the duties of each player. Illustrated. Price 10 cents.

No. 154—Field Hockey.

Prominent in the sports at Vassar, Smith, Wellesley, Bryn Mawr and other leading colleges. Price 10 cents.

No. 188—Lawn Hockey, Parlor Hockey, Garden Hockey.

Containing the rules for each game. Illustrated. Price 10 cents.

No. 180—Ring Hockey.

A new game for the gymnasium. Exciting as basketball. Price 10 cents.

HOCKEY AUXILIARY.

No. 256—Official Handbook of the Ontario Hockey Association.

Contains the official rules of the Association, constitution, rules of competition, list of officers, and pictures of leading players. Price 10 cents.

Group VII. Basket Ball

No. 7—Spalding's Official Basket Ball Guide.

Edited by George T. Hepbron. Contains the revised official rules, decisions on disputed points, records of prominent teams, reports on the game from various parts of the country. Illustrated. Price 10 cents.



SPALDING ATHLETIC LIBRARY

No. 193—How to Play Basket Ball.

By G. T. Hepbron, editor of the Official Basket Ball Guide. Illustrated with scenes of action. Price 10 cents.

No. 318—Official Basket Ball Guide for Women.

Edited by Miss Senda Berenson, of Smith College. Contains the official playing rules and special articles on the game by prominent authorities. Illustrated. Price 10 cents.

BASKET BALL AUXILIARY.

No. 323—Collegiate Basket Ball Handbook.

The official publication of the Collegiate Basket Ball Association. Contains the official rules, records, All-America selections, reviews, and pictures. Edited by H. A. Fisher, of Columbia. Price 10 cents.

Group VIII. Bowling

No. 8—Spalding's Official Bowling Guide.

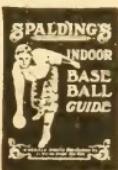


The contents include: diagrams of effective deliveries; hints to beginners; how to score; official rules; spares, how they are made; rules for cocked hat, quintet, cocked hat and feather, battle game, etc. Price 10 cents.

Group IX. Indoor Base Ball

No. 9—Spalding's Official Indoor Base Ball Guide.

America's national game is now viewing with other indoor games as a winter pastime. This book contains the playing rules, pictures of leading teams, and interesting articles on the game by leading authorities on the subject. Price 10 cents.



Group X.

Polo

No. 10—Spalding's Official Roller Polo Guide.

Edited by J. C. Morse. A full description of the game; official rules, records; pictures of prominent players. Price 10 cents



No. 129—Water Polo.

The contents of this book treat of every detail, the individual work of the players, the practice of the team, how to throw the ball, with illustrations and many valuable hints. Price 10 cents.

No. 199—Equestrian Polo.

Compiled by H. L. Fitzpatrick of the New York Sun. Illustrated with portraits of leading players, and contains most useful information for polo players. Price 10 cents.

Miscellaneous Games

Group XI.

No. 201—Lacrosse.

Every position is thoroughly explained in a most simple and concise manner, rendering it the best manual of the game ever published. Illustrated with numerous snapshots of important plays. Price 10 cents.

No. 322—Official Handbook U. S. Inter-Collegiate Lacrosse League.

Contains the constitution, by-laws, playing rules, list of officers and records of the association. Price 10 cents.

No. 271—Spalding's Official Roque Guide.

The official publication of the National Roque Association of America. Contains a description of the courts and their construction, diagrams, illustrations, rules and valuable information. Price 10 cents.

SPALDING ATHLETIC LIBRARY

No. 138—Spalding's Official Croquet Guide

Contains directions for playing, diagrams of important strokes, description of grounds, instructions for the beginner, terms used in the game, and the official playing rules. Price 10 cents.

No. 248—Archery.

A new and up-to-date book on this fascinating pastime. The several varieties of archery; instructions for shooting; how to select implements; how to score; and a great deal of interesting information. Illustrated. Price 10 cents.

No. 194—Racquets, Squash-Racquets and Court Tennis.

How to play each game is thoroughly explained, and all the difficult strokes shown by special photographs taken especially for this book. Contains the official rules for each game. Price 10 cents.

No. 167—Quoits.

Contains a description of the plays used by experts and the official rules. Illustrated. Price 10 cents.

No. 170—Push Ball.

This book contains the official rules and a sketch of the game; illustrated. Price 10 cents.

No. 13—How to Play Hand Ball.

By the world's champion, Michael Egan. Every play is thoroughly explained by text and diagram. Illustrated. Price 10 cents.

No. 14—Curling.

A short history of this famous Scottish pastime, with instructions for play, rules of the game, definitions of terms and diagrams of different shots. Price 10 cents.

No. 207—Bowling on the Green; or, Lawn Bowls.

How to construct a green; how to play the game, and the official rules of the Scottish Bowling Association. Illustrated. Price 10 cents.

No. 189—Children's Games.

These games are intended for use at recesses, and all but the team games have been adapted to large classes. Suitable for children from three to eight years, and include a great variety. Price 10 cents.

No. 188—Lawn Games.

Lawn Hockey, Garden Hockey, Hand Tennis, Tether Tennis; also Volley Ball, Parlor Hockey, Badminton, Basket Goal. Price 10 cents.

Group XII. Athletics

No. 12—Spalding's Official Athletic Almanac.

Compiled by J. E. Sullivan, President of the Amateur Athletic Union. The only annual publication now issued that contains a complete list of amateur best-on-records; intercollegiate, swimming, interscholastic, English, Irish, Scotch, Swedish, Continental, South African, Australasian; numerous photos of individual athletes and leading athletic teams. Price 10 cents.



No. 27—College Athletics.

M. C. Murphy, the well-known athletic trainer, now with Pennsylvania, the author of this book, has written it especially for the schoolboy and college man, but it is invaluable for the athlete who wishes to excel in any branch of athletic sport; profusely illustrated. Price 10 cents.

No. 182—All-Around Athletics.

Gives in full the method of scoring the All-Around Championship; how to train for the All-Around Championship. Illustrated. Price 10 cents.

No. 156—Athlete's Guide.

Full instructions for the beginner, telling how to sprint, hurdle, jump and throw weights, general hints on training; valuable advice to beginners and important A. A. U. rules and their explanations, while the pictures comprise many scenes of champions in action. Price 10 cents.

SPALDING ATHLETIC LIBRARY

No. 273—The Olympic Games at Athens.

A complete account of the Olympic Games of 1906, at Athens, the greatest International Athletic Contest ever held. Compiled by J. E. Sullivan, Special United States Commissioner to the Olympic Games. Price 10 cents.

No. 87—Athletic Primer.

Edited by J. E. Sullivan, Ex-President of the Amateur Athletic Union. Tells how to organize an athletic club, how to conduct an athletic meeting, and gives rules for the government of athletic meetings; contents also include directions for laying out athletic grounds, and a very instructive article on training. Price 10 cents.

No. 252—How to Sprint.

Every athlete who aspires to be a sprinter can study this book to advantage. Price 10 cents.

No. 255—How to Run 100 Yards.

By J. W. Morton, the noted British champion. Many of Mr. Morton's methods of training are novel to American athletes, but his success is the best tribute to their worth. Illustrated. Price 10 cents.

No. 174—Distance and Cross-Country Running.

By George Orton, the famous University of Pennsylvania runner. The quarter, half, mile, the longer distances, and cross-country running and steeplechasing, with instructions for training; pictures of leading athletes in action, with comments by the editor. Price 10 cents.

No. 259—Weight Throwing.

Probably no other man in the world has had the varied and long experience of James S. Mitchel, the author, in the weight throwing department of athletics. The book gives valuable information not only for the novice, but for the expert as well. Price 10 cents.

No. 246—Athletic Training for Schoolboys.

By Geo. W. Orton. Each event in the intercollegiate programme is treated of separately. Price 10 cents.

No. 55—Official Sporting Rules.

Contains rules not found in other publications for the government of many sports; rules for wrestling, shuffleboard, snowshoeing, professional racing, pigeon shooting, dog racing, pistol and revolver shooting, British water polo rules, Rugby foot ball rules. Price 10 cents.

ATHLETIC AUXILIARIES.

No. 311—Official Handbook of the A.A.U.

The A. A. U. is the governing body of athletes in the United States of America, and all games must be held under its rules, which are exclusively published in this handbook, and a copy should be in the hands of every athlete and every club officer in America. Price 10 cents.

No. 316—Official Intercollegiate A.A.A.A. Handbook.

Contains constitution, by-laws, and laws of athletics; records from 1876 to date. Price 10 cents.

No. 308—Official Handbook New York Interscholastic Athletic Association.

Contains the Association's records, constitution and by-laws and other information. Price 10 cents.

No. 302—Official Y.M.C.A. Handbook.

Contains the official rules governing all sports under the jurisdiction of the Y. M. C. A., official Y. M. C. A. scoring tables, pentathlon rules, pictures of leading Y. M. C. A. athletes. Price 10 cents.

No. 313—Official Handbook of the Public Schools Athletic League.

Edited by Dr. C. Ward Crampton, director of physical education in the Public Schools of Greater New York. Illustrated. Price 10 cents.

SPALDING ATHLETIC LIBRARY

No. 314—Official Handbook Girls' Branch of the Public Schools Athletic League.

The official publication. Contains: constitution and by-laws, list of officers, donors, founders, life and annual members, reports and illustrations. Price 10 cents.

No. 331—Schoolyard Ath- letics.

By J. E. Sullivan, Ex-President Amateur Athletic Union and member of Board of Education of Greater New York. An invaluable handbook for the teacher and the pupil. Gives a systematic plan for conducting school athletic contests and instructs how to prepare for the various events. Illustrated. Price 10 cents.

No. 317—Marathon Running.

A new and up-to-date book on this popular pastime. Contains pictures of the leading Marathon runners, methods of training, and best times made in various Marathon events. Price 10 cents.

Group XIII. Athletic Accomplishments

No. 177—How to Swim,

Will interest the expert as well as the novice; the illustrations were made from photographs especially posed, showing the swimmer in clear water; a valuable feature is the series of "land drill" exercises for the beginner. Price 10 cents.

No. 296—Speed Swimming.

By Champion C. M. Daniels of the New York Athletic Club team, holder of numerous American records, and the best swimmer in America qualified to write on the subject. Any boy should be able to increase his speed in the water after reading Champion Daniels' instructions on the subject. Price 10 cents.

No. 128—How to Row.

By E. J. Giannini, of the New York Athletic Club, one of America's most famous amateur oarsmen and champions. Shows how to hold the oars, the finish of the stroke and other valuable information. Price 10 cents.

No. 23—Canoeing.

Paddling, sailing, cruising and racing canoes and their uses; with hints on rig and management; the choice of a canoe; sailing canoes, racing regulations; canoeing and camping. Fully illustrated. Price 10 cents.

No. 209—How to Become a Skater.

Contains advice for beginners; how to become a figure skater, showing how to do all the different tricks of the best figure skaters. Pictures of prominent skaters and numerous diagrams. Price 10 cents.

No. 282—Official Roller Skat- ing Guide.

Directions for becoming a fancy and trick roller skater, and rules for roller skating. Pictures of prominent trick skaters in action. Price 10 cents.

No. 178—How to Train for Bicycling.

Gives methods of the best riders when training for long or short distance races; hints on training. Revised and up-to-date in every particular. Price 10 cents.

Group XIV. Manly Sports

No. 140—Wrestling.

Catch-as-catch-can style. Seventy illustrations of the different holds, photographed especially and so described that anybody can with little effort learn every one. Price 10 cents.

No. 18—Fencing.

By Dr. Edward Breck, of Boston, editor of *The Swordsman*, a prominent amateur fencer. A book that has stood the test of time, and is universally acknowledged to be a standard work. Illustrated. Price 10 cents.

SPALDING ATHLETIC LIBRARY

No. 162—Boxing Guide.

Contains over 70 pages of illustrations showing all the latest blows, posed especially for this book under the supervision of a well-known instructor of boxing, who makes a specialty of teaching and knows how to impart his knowledge. Price 10 cents.

No. 165—The Art of Fencing

By Regis and Louis Senac, of New York, famous instructors and leading authorities on the subject. Gives in detail how every move should be made. Price 10 cents.

No. 236—How to Wrestle.

The most complete and up-to-date book on wrestling ever published. Edited by F. R. Toombs, and devoted principally to special poses and illustrations by George Hackenschmidt, the "Russian Lion." Price 10 cents.

No. 102—Ground Tumbling

Any boy, by reading this book and following the instructions, can become proficient. Price 10 cents.

No. 289—Tumbling for Amateurs.

Specially compiled for amateurs by Dr. James T. Gwathmey. Every variety of the pastime explained by text and pictures, over 100 different positions being shown. Price 10 cents.

No. 191—How to Punch the Bag.

The best treatise on bag punching that has ever been printed. Every variety of blow used in training is shown and explained, with a chapter on fancy bag punching by a well-known theatrical bag puncher. Price 10 cents.

No. 200—Dumb-Bells.

The best work on dumb-bells that has ever been offered. By Prof. G. Bojus, of New York. Contains 200 photographs. Should be in the hands of every teacher and pupil of physical culture, and is invaluable for home exercise. Price 10 cents.

No. 143—Indian Clubs and Dumb-Bells.

By America's amateur champion club swinger, J. H. Dougherty. It is clearly illustrated, by which any novice can become an expert. Price 10 cents.

No. 262—Medicine Ball Exercises.

A series of plain and practical exercises with the medicine ball, suitable for boys and girls, business and professional men, in and out of gymnasium. Price 10 cents.

No. 29—Pulley Weight Exercises.

By Dr. Henry S. Anderson, instructor in heavy gymnastics Yale gymnasium. In conjunction with a chest machine anyone with this book can become perfectly developed. Price 10 cents.

No. 233—Jiu Jitsu.

Each move thoroughly explained and illustrated with numerous full-page pictures of Messrs. A. Minami and K. Koyama, two of the most famous exponents of the art of Jiu Jitsu, who posed especially for this book. Price 10 cents.

No. 166—How to Swing Indian Clubs.

By Prof. E. B. Warman. By following the directions carefully anyone can become an expert. Price 10 cents.

No. 326—Professional Wrestling.

A book devoted to the catch-as-catch-can style; illustrated with half-tone pictures showing the different holds used by Frank Gotch, champion catch-as-catch-can wrestler of the world. Posed by Dr. Roller and Charles Postl. By Ed. W. Smith, Sporting Editor of the Chicago American. Price 10 cents.

Group XV. Gymnastics

No. 104—The Grading of Gymnastic Exercises.

By G. M. Martin. A book that should be in the hands of every physical director of the Y. M. C. A., school, club, college, etc. Price 10 cents.

SPALDING ATHLETIC LIBRARY

No. 214—Graded Calisthenics and Dumb-Bell Drills.

For years it has been the custom in most gymnasiums of memorizing a set drill, which was never varied. Consequently the beginner was given the same kind and amount as the older member. With a view to giving uniformity the present treatise is attempted. Price 10 cents.

No. 254—Barnum Bar Bell Drill.

Edited by Dr. R. Tait McKenzie, Director Physical Training, University of Pennsylvania. Profusely illustrated. Price 10 cents.

No. 158—Indoor and Outdoor Gymnastic Games.

A book that will prove valuable to indoor and outdoor gymnasiums, schools, outings and gatherings where there are a number to be amused. Price 10 cents.

No. 124—How to Become a Gymnast.

By Robert Stoll, of the New York A. C., the American champion on the flying rings from 1885 to 1892. Any boy can easily become proficient with a little practice. Price 10 cents.

No. 287—Fancy Dumb Bell and Marching Drills.

All concede that games and recreative exercises during the adolescent period are preferable to set drills and monotonous movements. These drills, while designed primarily for boys, can be used successfully with girls and men and women. Profusely illustrated. Price 10 cents.

No. 327—Pyramid Building Without Apparatus.

By W. J. Cromie, Instructor of Gymnastics, University of Pennsylvania. With illustrations showing many different combinations. This book should be in the hands of all gymnasium instructors. Price 10 Cents.

No. 328—Exercises on the Parallel Bars.

By W. J. Cromie. Every gymnast should procure a copy of this book. Illustrated with cuts showing many novel exercises. Price 10 cents.

No. 329—Pyramid Building with Chairs, Wands and Ladders.

By W. J. Cromie. Illustrated with half-tone photographs showing many interesting combinations. Price 10 cents.

GYMNASТИC AUXILIARY.

No. 333—Official Handbook Inter-Collegiate Association Amateur Gymnasts of America.

Edited by P. R. Carpenter, Physical Director Amherst College. Contains pictures of leading teams and individual champions, official rules governing contests, records. Price 10 cents.

Physical Group XVI. Culture

No. 161—Ten Minutes' Exercise for Busy Men.

By Dr. Luther Halsey Gulick, Director of Physical Training in the New York Public Schools. A concise and complete course of physical education. Price 10 cents.

No. 208—Physical Education and Hygiene.

This is the fifth of the Physical Training series, by Prof. E. B. Warman (see Nos. 142, 149, 166, 185, 213, 261, 290.) Price 10 cents.

No. 149—The Care of the Body.

A book that all who value health should read and follow its instructions. By Prof. E. B. Warman, the well-known lecturer and authority on physical culture. Price 10 cents.

No. 142—Physical Training Simplified.

By Prof. E. B. Warman. A complete, thorough and practical book where the whole man is considered—brain and body. Price 10 cents.

SPALDING ATHLETIC LIBRARY

No. 185—Health Hints.

By Prof. E. B. Warman. Health influenced by insulation; health influenced by underwear; health influenced by color; exercise. Price 10 cents.

No. 213—285 Health Answers.

By Prof. E. B. Warman. Contents: ventilating a bedroom; ventilating a house; how to obtain pure air; bathing; salt water baths at home; a substitute for ice water; to cure insomnia, etc., etc. Price 10 cents.

No. 238—Muscle Building.

By Dr. L. H. Gulick. A complete treatise on the correct method of acquiring strength. Illustrated. Price 10 cents.

No. 234—School Tactics and Maze Running.

A series of drills for the use of schools. Edited by Dr. Luther Halsey Gulick. Price 10 cents.

No. 261—Tensing Exercises.

By Prof. E. B. Warman. The "Tensing" or "Resisting" system of muscular exercises is the most thorough, the most complete, the most satisfactory, and the most fascinating of systems. Price 10 cents.

No. 285—Health; by Museum Gymnastics.

With hints on right living. By W. J. Cromie. If one will practice the exercises and observe the hints therein contained, he will be amply repaid for so doing. Price 10 cents.

No. 288—Indigestion Treated by Gymnastics.

By W. J. Cromie. If the hints therein contained are observed and the exercises faithfully performed great relief will be experienced. Price 10 cents.

No. 290—Get Well; Keep Well.

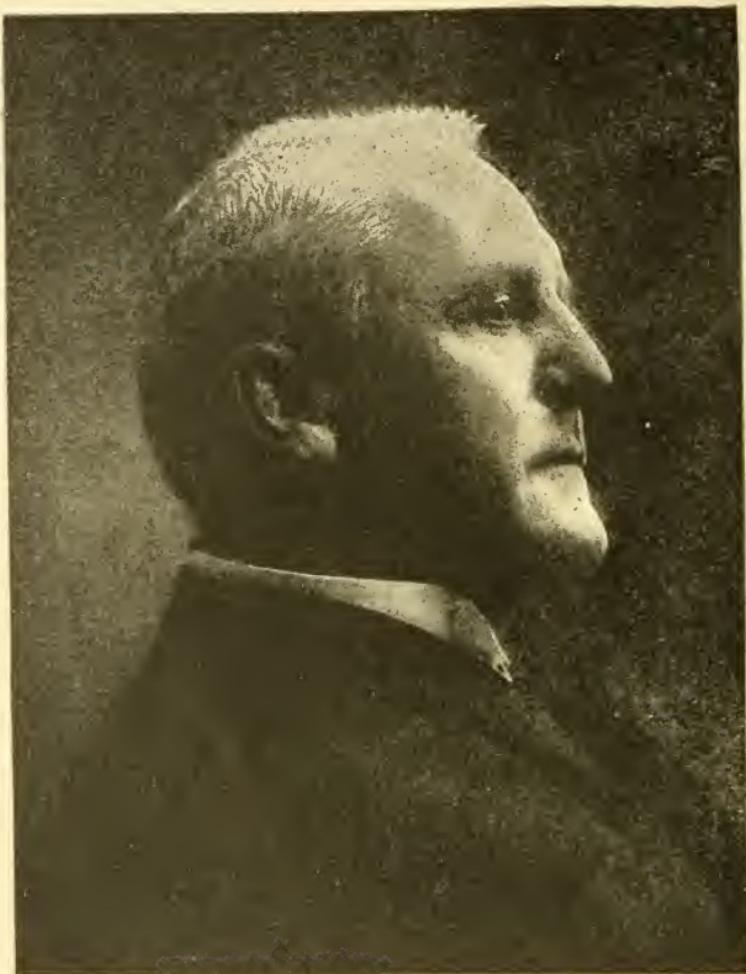
By Prof. E. B. Warman, author of a number of books in the Spalding Athletic Library on physical training. Price 10 cents.

No. 325—Twenty Minute Exercises.

By Prof. E. B. Warman, with chapters on "How to Avoid Growing Old," and "Fasting; Its Objects and Benefits." Price 10 cents.

No. 330—Physical Training for the School and Class Room.

Edited by G. R. Borden, Physical Director of the Y. M. C. A., Easton, Pa. A book that is for practical work in the school room. Illustrated. Price 10 cents.



EDWARD B. WARMAN.

SPALDING'S ATHLETIC LIBRARY
No. 166

SCIENTIFIC PHYSICAL TRAINING SERIES

INDIAN CLUB
❖ EXERCISES ❖

BY EDWARD B. WARMAN
CHICAGO

Author of *The Care of the Body. Physical Training Simplified. The Voice—How to Train It, How to Care for It; Gestures and Attitudes; Delsarte Philosophy of Expression.*
How to Read, Recite and Impersonate.
Practical Orthoepy and Critique.



PUBLISHED BY
THE AMERICAN SPORTS PUBLISHING COMPANY
21 Warren Street, New York

COPYRIGHT, 1910
BY
AMERICAN SPORTS PUBLISHING COMPANY
NEW YORK

© CLA265139

WARMAN'S INDIAN CLUB SYSTEM

ONE CLUB

GENERAL DIRECTIONS

Grasp the club firmly, but easily, the little finger resting against the knob. As these exercises are intended for physical development and not for the purpose of displaying "fancy" or "snake movements"—very good in their way and for the purpose designed—it is advisable and necessary that the knob of the club should never slip to the thumb and forefinger; neither should the thumb extend up the handle of the club. Place the idle arm at the side, with the back of the fingers resting gracefully against the side of the body. Do not allow the club to wabble. When a movement is made requiring the arm to be extended, hold the club firmly, yet as gracefully as if it were a part of that extension. Imagine that you are standing between perfect circles at right angles with each other—large and small on either side; large in front and small behind. The clubs should follow these lines perfectly in all the small circles and sweeps.

Be satisfied to practice with one club until all the single moves have been mastered; the double moves will then be more readily attained, as they are combinations of the single.

Practice each move separately, as shown in the illustration of the same. Learn the *name* of each move, and it will be helpful, inasmuch as it is suggestive.

Do not be ambitious to handle heavy clubs. Judicious practice regularly taken with a pair of *light* clubs will prove more beneficial than spasmodic or overwork with *heavy* clubs. Stand firmly, but not rigidly. Place the feet in as graceful and comfortable a position as the nature of the movement will allow. Do not quite touch the heels, nor place them too far apart, when facing an audience.



POSITION.

Place the club in the hands, as shown in POSITION. Toss the club a little higher than the head, placing the left hand against the side of the body, the back of the singer touching the body. Pass the right hand back of the head at the right side, and allow the club to drop and form a complete small circle back of the head, which I designate as the *small inward*. Follow this movement with a full sweep of the arm in front toward the left side, bringing it up on the right to make *two* small inwards, etc., thus forming Fig. 1.

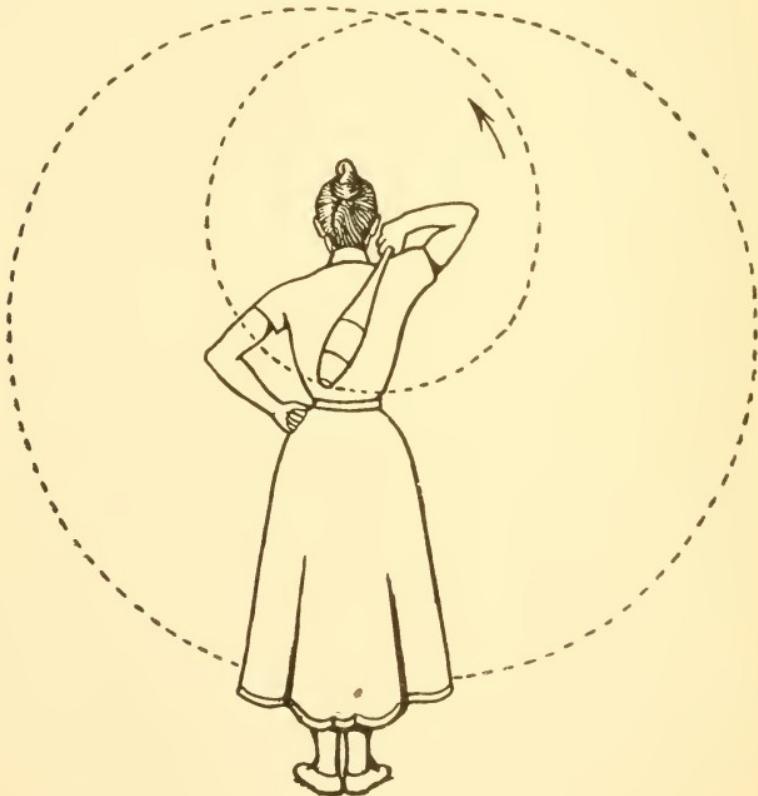


FIG. 1.

Inward—Right—Small circle inward—Sweep in front (three times)

CHANGE—By halting the club, just as it sweeps up the right side, a little higher than the shoulder, and reverse the movement.

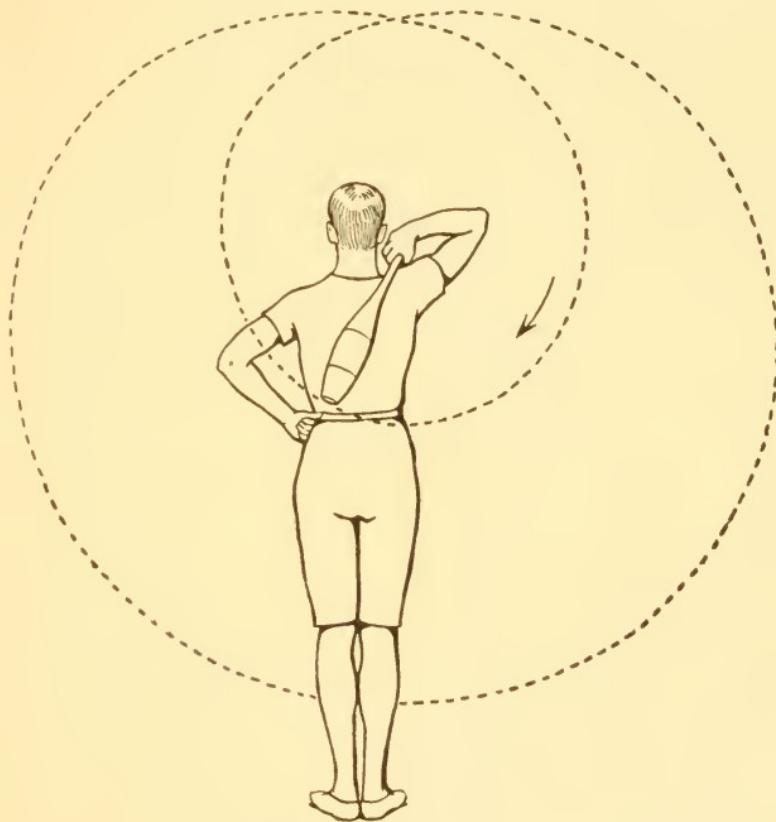


FIG. 2.

OUTWARD—RIGHT.

1. Small circle outward—Sweep in front.
2. " " " " " "
3. " " " " " "

CHANGE—By passing the club to the left hand just as it sweeps up toward the left side the third time. When a little higher than the shoulder, let it fall to a small outward circle.



FIG. 3.

OUTWARD—LEFT.

1. Small circle outward—Sweep in front.
2. " " " " " "
3. " " " "

CHANGE—By omitting the third sweep outward, but instead drop the club in front of the face, following with a full sweep inward, bringing up the club on the left side and making a small inward circle.

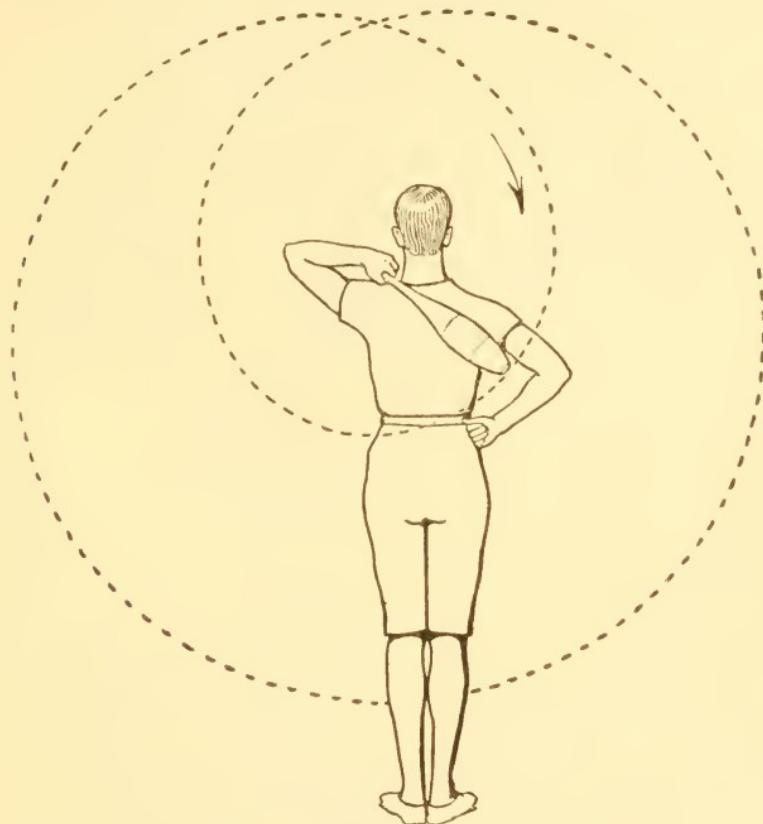


FIG. 4.

INWARD—LEFT.

1. Small circle inward—Sweep in front.
2. " " " " "
3. " " " " "

CHANGE—By halting the club when it sweeps up the left side the third time, poising it at *Poise 1*, as shown in the illustration. Let it fall as if to make an outward, but instead of making a full circle, halt it at *Poise 2*, and then drop it in front of the face.

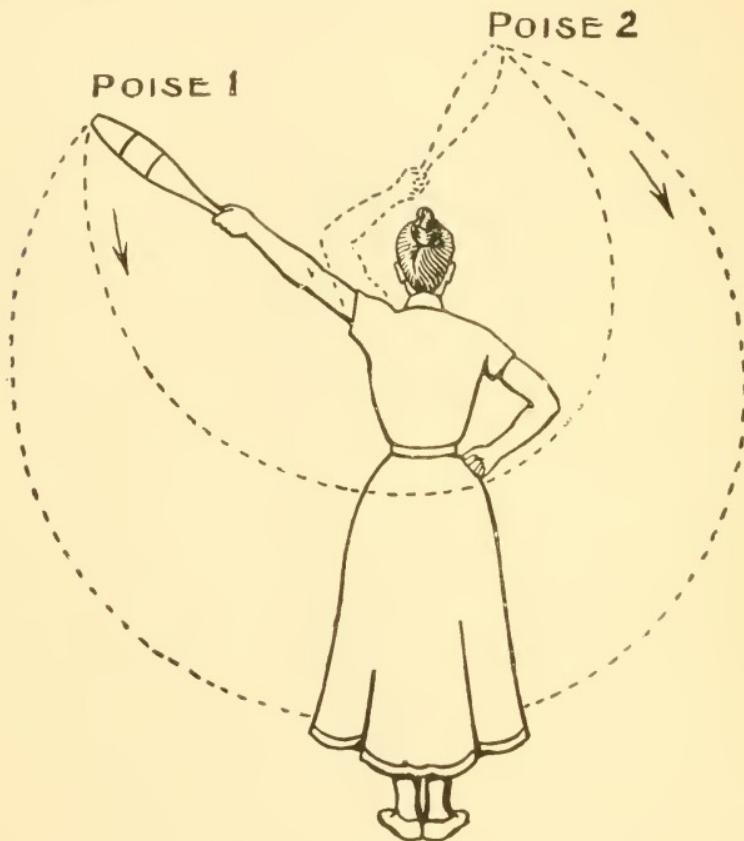


FIG. 5.

POISE—DROP. LEFT.

Poise at 1—Poise at 2—Drop in front of the face,

66 66 66 66 66 66 66 66
66 66 66 66 66 66 66 66

CHANGE—By poising again at *Poise 1*, reversing the movement to a small outward; then sweep it in front, taking it up with the right hand and halting it at *Poise 2* on the right side. Let it fall as if to make an outward; but instead of making a full circle, halt it at *Poise 2*, and then drop it in front of the face.

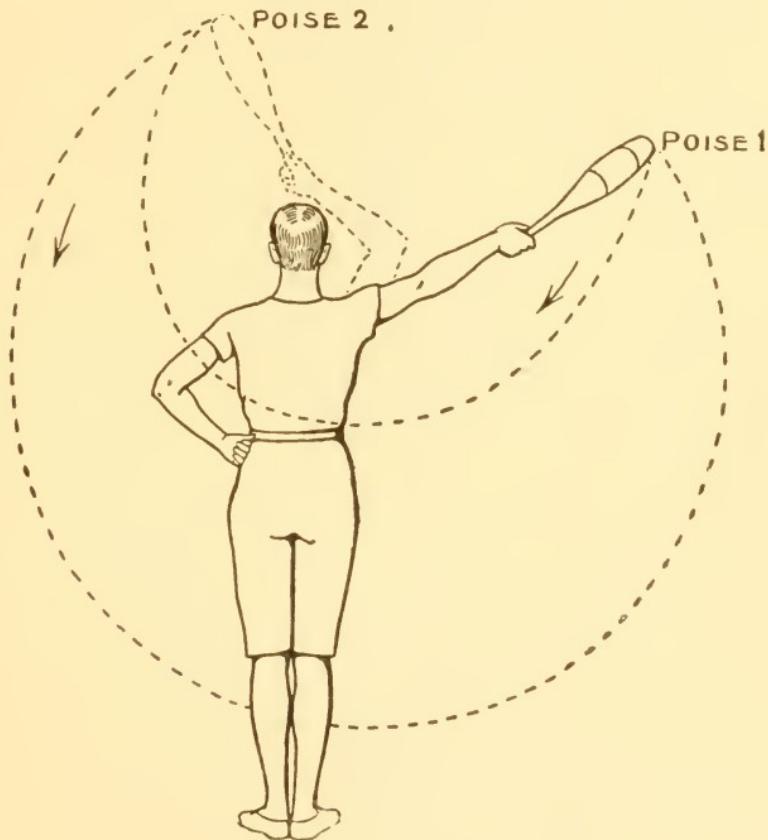


FIG. 6.

POISE—DROP. RIGHT.

Poise at 1—Poise at 2—Drop in front of the face (three times).

CHANGE—By poising again at *Poise 1*, and reversing the movement to a small outward; then sweep it in front and take it up with the left hand to *Poise 1*, left (as shown in Fig. 5); reverse it to a small outward, and pass it from hand to hand after each small outward.

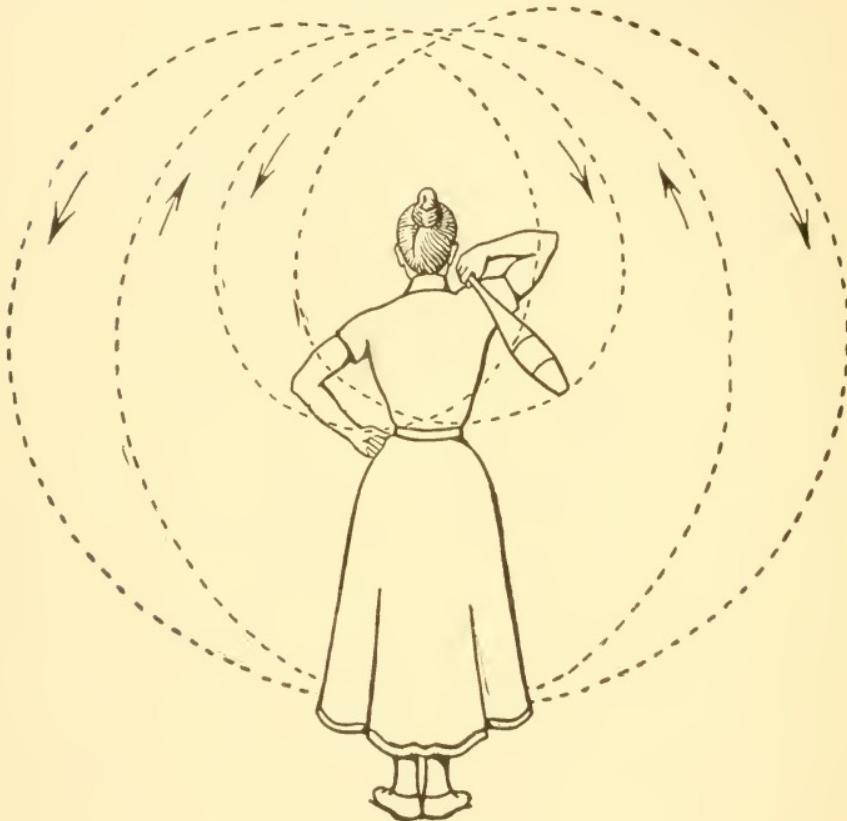


FIG. 7.

ALTERNATING OUTWARD.

Outward—Right—Sweep. Outward—Left—Sweep.

“	“	“	“	“	“	“
“	“	“	“	“	“	“

CHANGE—By taking the club again in the right hand as if to make a fourth outward, but instead make a small inward, passing it quickly behind the head to the left hand, which should be in position to grasp the club without stopping its motion. It will drop into a small outward circle with the left hand. Sweep it out and front, pass it again to the right hand.

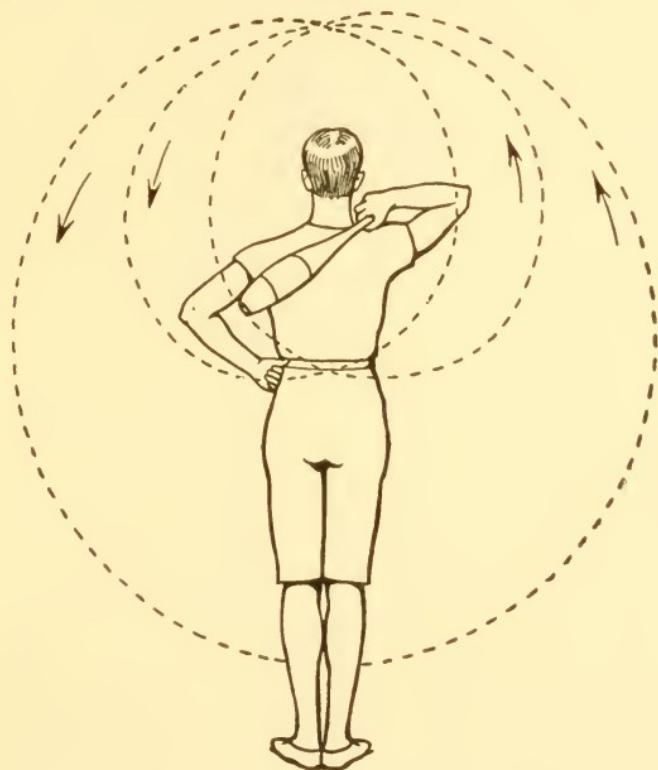


FIG. 8.

LARGE WHEEL—LEFT.

Inward—Right. Outward—Left. Sweep.
" " " " " Drop.

" " " " " Drop.

CHANGE—By omitting the last sweep with the left hand; drop the club in front of the face, giving a full sweep inward, then small inward with left hand, thus reversing the movement.



FIG. 9.

LARGE WHEEL—RIGHT.

Inward—Left. **Outward**—Right. **Sweep.**

“ “ “ “ “

“ “ “ “ Drop.

CHANGE—By again omitting the outward sweep with right hand, drop the club in front of the face, giving a full sweep inward, thus reversing the movement, making only small circles.

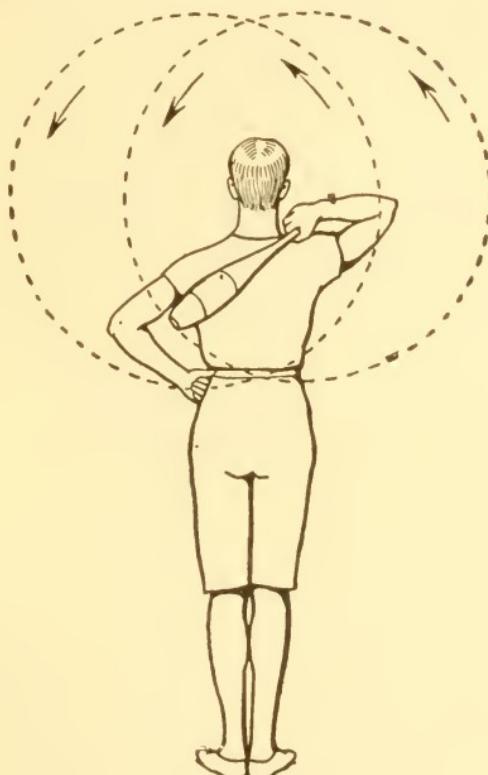


FIG. IO.

SMALL WHEEL—LEFT.

Inward—Right. Outward—Left. Avoid Sweep
 " " " "
 " " " " " Drop.

CHANGE—By dropping the club in front of the face with the left hand, following with a full sweep to inward left, thus reversing the movement.

It will be observed that, in making the small wheels, the sweeps are omitted, thus distinguishing between the large and small wheels.

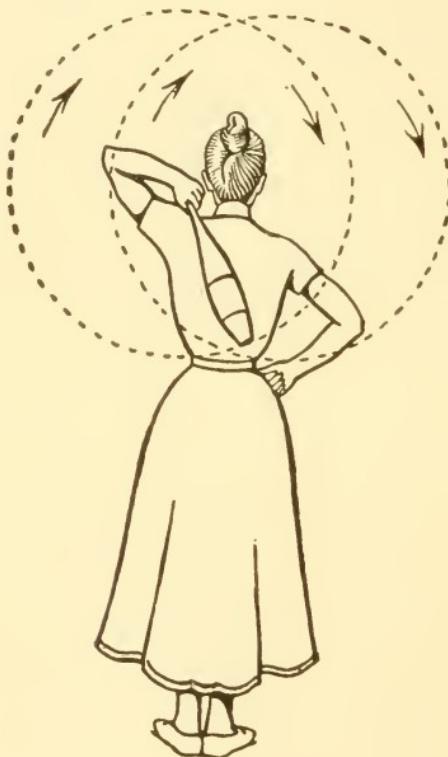


FIG. II.

SMALL WHEEL—RIGHT.

Inward—Left. Outward—Right. Avoid Sweep.

" " " " " "

" " " " " Drop and Poise.

CHANGE—By again dropping the club in front of the face with the right, giving a full sweep inward; but, as the club comes up, halt it at *Poise 1*, swing it to *Poise 2*, and drop in front of the face, bringing it to an inward. Sweep it in front and halt it again at *Poise 1*.

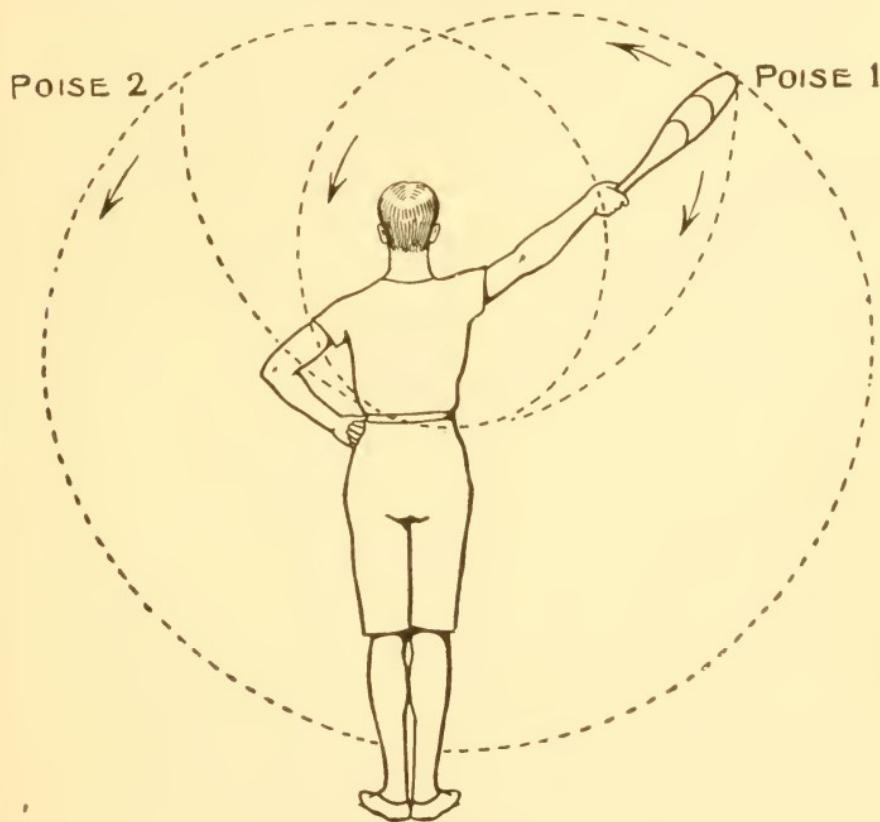


FIG. 12.

POISE—DROP—INWARD. RIGHT.

Poise at 1—Poise at 2—Drop—Inward—Sweep.

“	“	“	“	“	“	“	Pass over
“	“	“	“	“	“	“	

CHANGE—By passing the club to the left hand, making the change back of the head. Pass from the last small inward circle with the right hand to a small outward with the left. Drop the club in front of the face and sweep it up to *Poise 1*, drop it back of the head to *Poise 2*, and then drop it in front of the face, and bring it to an inward. Sweep it in front, and halt it again at *Poise 1*.

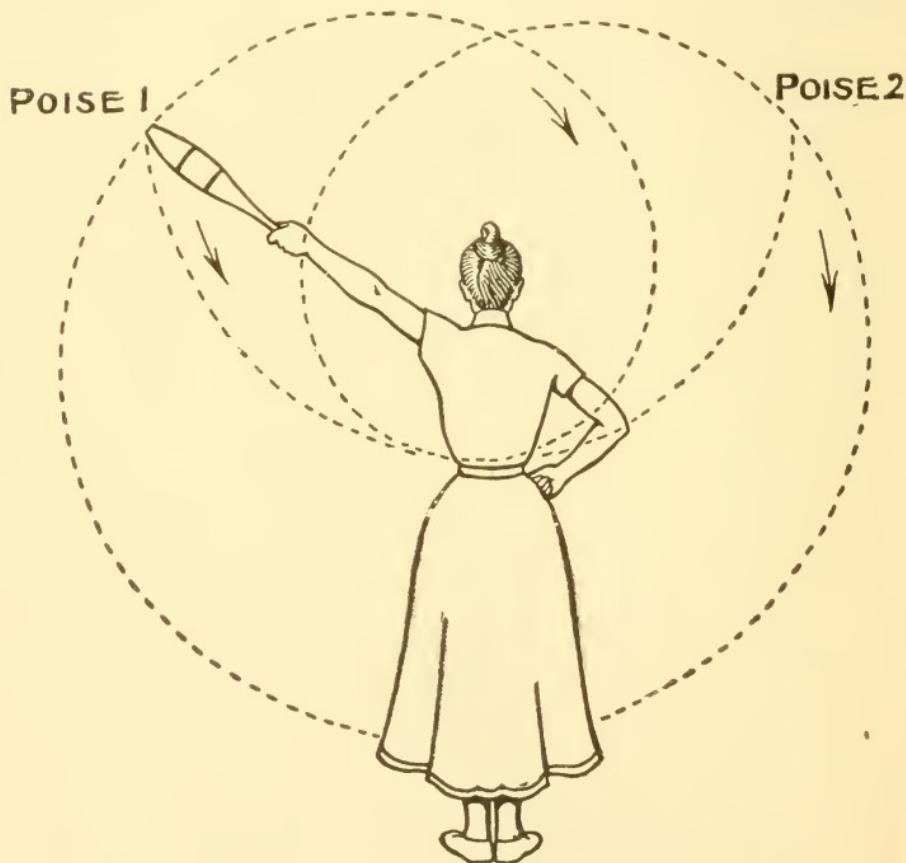


Fig. 13.

POISE—DROP—INWARD. LEFT.

Poise at 1—Poise at 2—Drop—Inward—Sweep,

" " " " " " " " Pass over.

CHANGE—By passing the club to the right hand, making the change back of the head, going from a small inward left to a small outward right. Drop the club in front of the face and sweep it to an inward right, passing it directly back to the left hand—making the change back of the head—and making a drop and inward left.

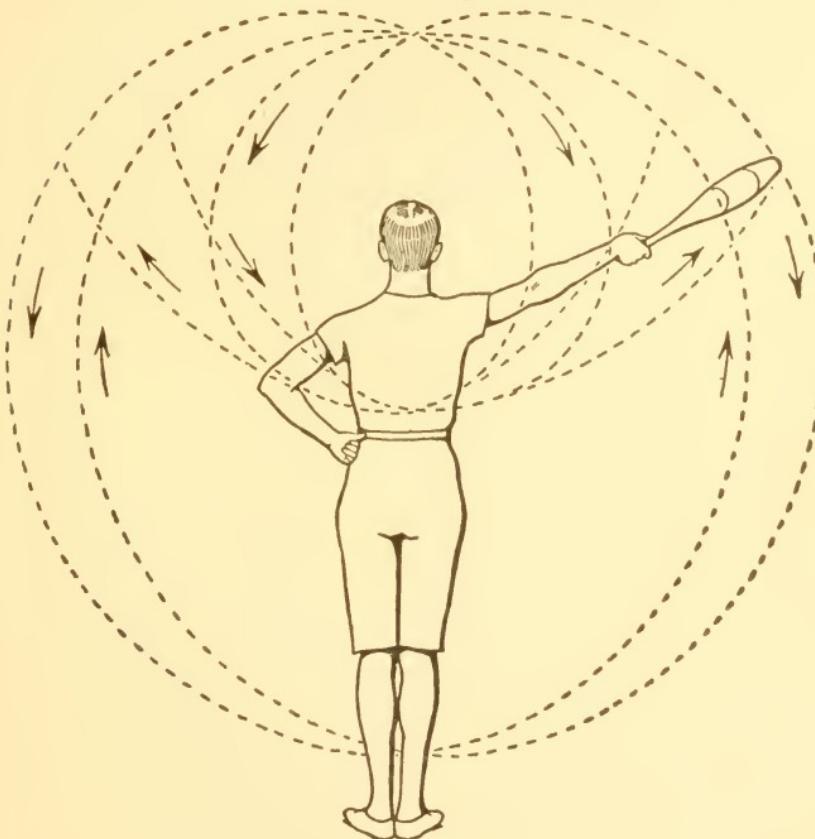


FIG. 14.

ALTERNATING DROP AND INWARD.

Drop—Sweep—Inward—Over. **Drop—Sweep—Inward—Over.**
 “ “ “ “ “ “ “ “
 “ “ “ Turn the body to the left.

CHANGE—By turning the body to the left just as the club is completing the last small inward circle. Keep the arm bent, and make a wrist circle at the side. Keep a firm hold on the club, not allowing the knob to slip to the thumb and forefinger.



FIG. 15.

SMALL SIDE.

Small side-circle. 1-2-3.

CHANGE—By extending the arm upward and forward, making a large circle at the side without bending the arm.

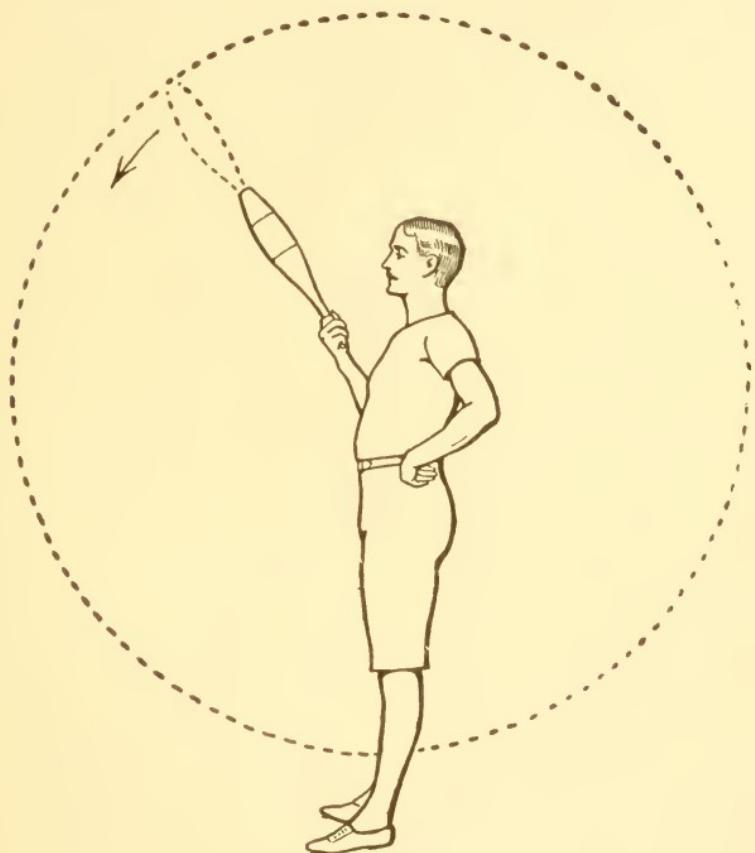


FIG. 16.

LARGE SIDE.

Large side-circles. 1-2-3.

CHANGE--By checking the club just as it passes the feet on the third downward stroke, and reversing the movement. Do not allow the club to wabble when checking it, nor the arm to bend when making the circle.



FIG. 17

REVERSE.

Large size—Reverse. 1-2-3.

CHANGE—As the club comes up in front on the third circle. When it is high enough, drop it to a *small* side, followed by a *large* side; then, as it is ready to descend as if to make a *second* large side, bring it diagonally to the left side with a full sweep, then back to the starting point of a large side, and make another large side-circle.

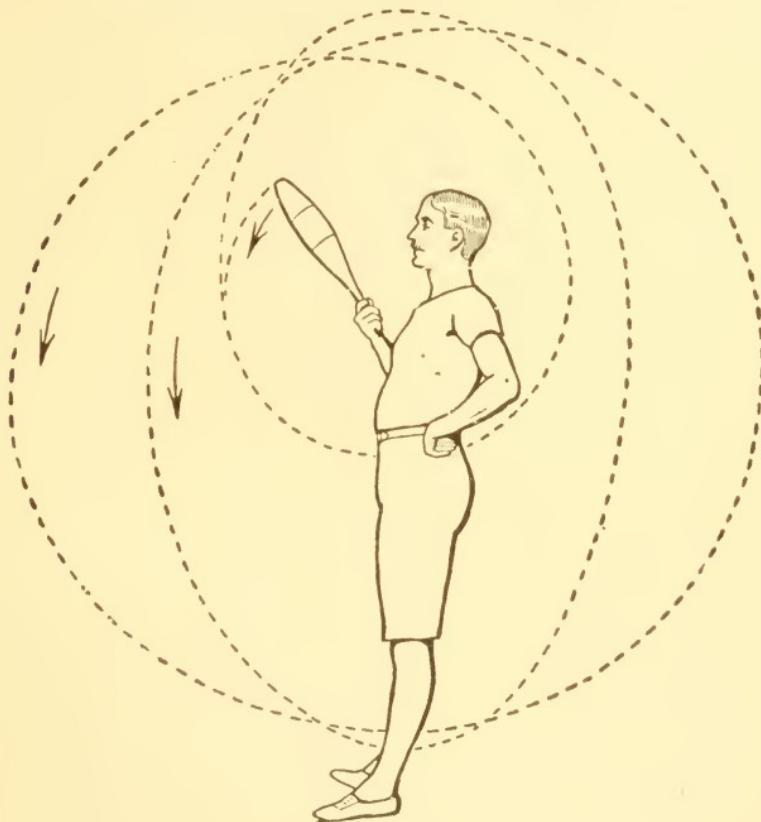


FIG. 18.

SIDE AND DIAGONAL.

One small—Large. Diagonal—Large.

Two " " " "

Three " and over.

CHANGE—At the close of the third small circle, by making a small inward and passing the club to the left hand, making the change back of the head. Make a small outward with the left, and when the club becomes vertical, drop it back to a small inward with the same hand, and when the club again becomes vertical, change the movement to a small side-circle.



FIG. 19.

SMALL SIDE.

Small side-circle. 1-2-3.

CHANGE—By extending the arm upward and forward, making a *large* circle at the side, without bending the arm.

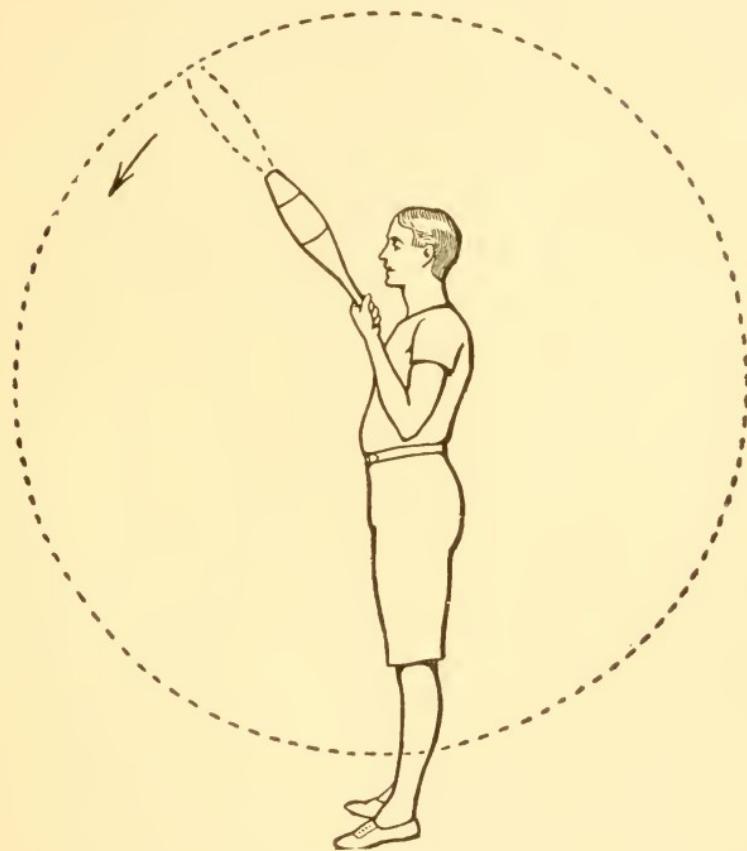


FIG. 20.

LARGE SIDE.

Large side-circle. 1-2-3.

CHANGE—By checking the club just as it passes the feet on the third downward stroke, and reversing the movement. Do not allow the club to wabble when checking it, nor the arm to bend in making the circle.

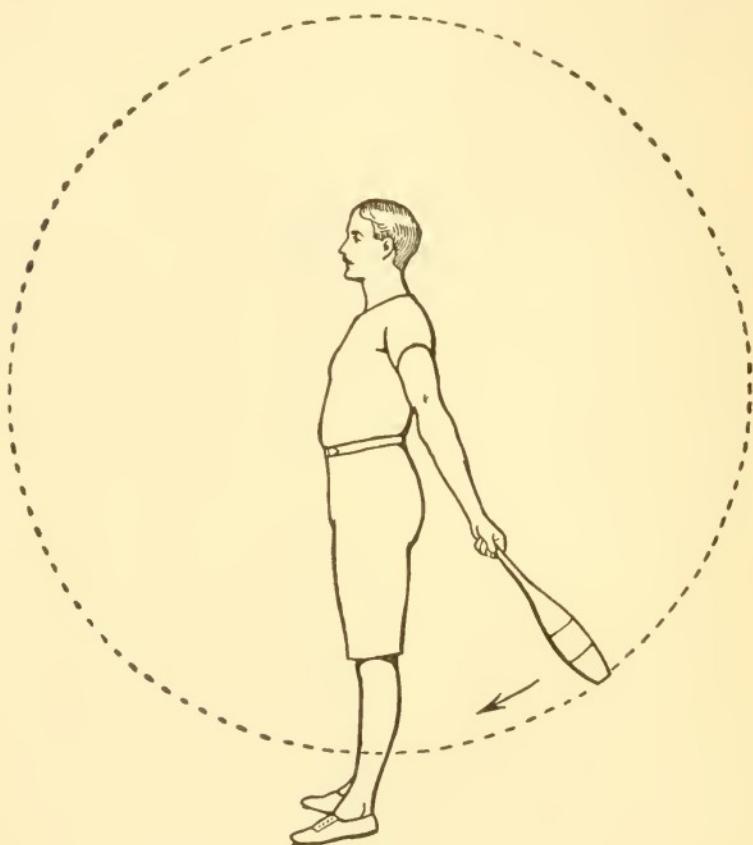


FIG. 21

REVERSE.

Large side—Reverse. 1-2-3.

CHANGE—As the club comes up in front on the third circle. When it is high enough, drop it to a *small* side, followed by a *large* side; then, as it is ready to descend, as if to make a *second* large side, bring it diagonally to the right side with a full sweep; then back to the starting point of a *large side*, and make another large side circle.

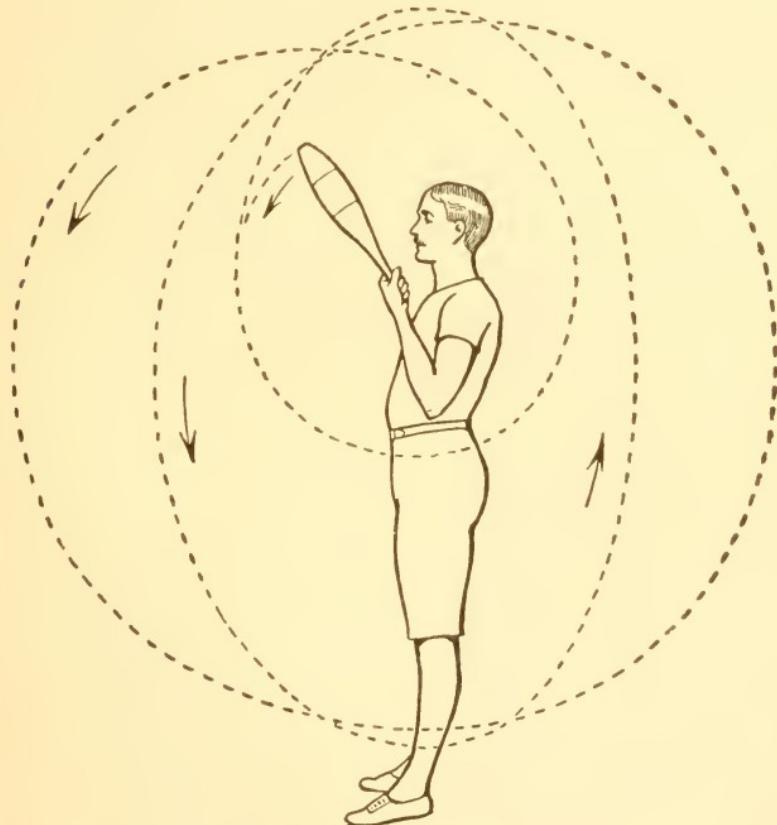


FIG. 22.

SIDE AND DIAGONAL.

1. Small—Large. Diagonal—Large.
2. " " " "
3. " and face front.

CHANGE—By extending the arm at the completion of the third small circle, as if to make a large side circle; then, just as the club is ready to sweep down, turn the body quickly back to the front position. Sweep the club in front, make a small outward with the left hand, and sweep it to the right. Place the right hand as shown in the illustration, and make small circles outside and inside the arm, keeping the arm extended as much as possible, and keep the club as *near* the arm as possible. *Keep the little finger next to the knob.*



Fig. 23—CHIN-KNOCKER.

Outside of arm—Inside of arm (three times each).
Sweep to the left hand.

CHANGE—By sweeping the club to the left hand and making a small outward with the left. Place the hand, as shown in the illustration, and make small circles outside and inside the arm, keeping the arm extended as much as possible; also keep the club moving as *near* the arm as possible. Do not let the knob of the club slip to the thumb and forefinger.

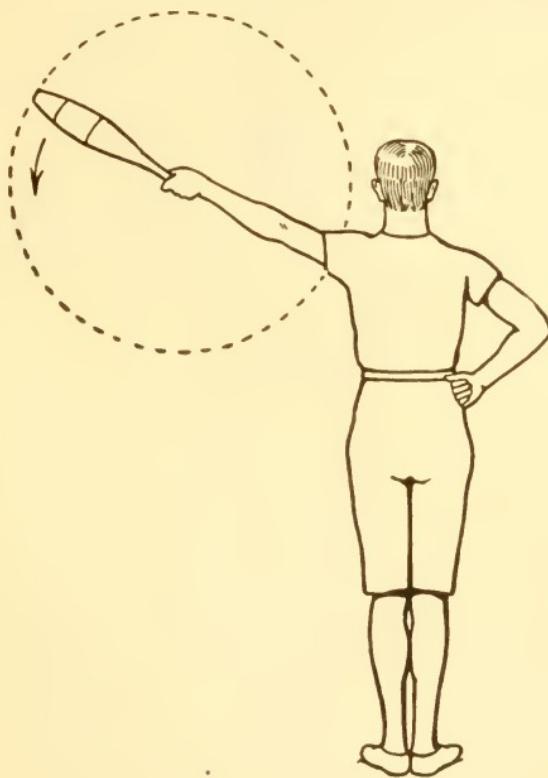


FIG. 24.

CHIN-KNOCKER.

Outside of arm—Inside of arm (three times each).
Sweep to right hand.

CHANGE—By small outward and sweep with left hand, carrying the club to the right side by the right hand, until the hand is straight with the shoulder, as seen in the illustration. Grasp the club firmly, and hold it in an upright position. Without *raising, lowering or bending* the arm the *slightest*, lay the club on the arm, then raise it and extend it till it is perfectly straight. Throughout this entire exercise the arm should not move nor bend at the elbow.



FIG. 25.

THE LEVER.

Upright—On the arm—Straight out.

“ “ “ “

“ “ “ “

“ and toss to outward.

CHANGE—By tossing the club to a small outward, and sweep it to the left hand; stop the hand as soon as it is even with the shoulder, and place the club in an upright position. Lay the club on the arm without bending the arm at the elbow. Raise the club without moving the arm, and extend it until it is perfectly straight, as shown in the illustration.

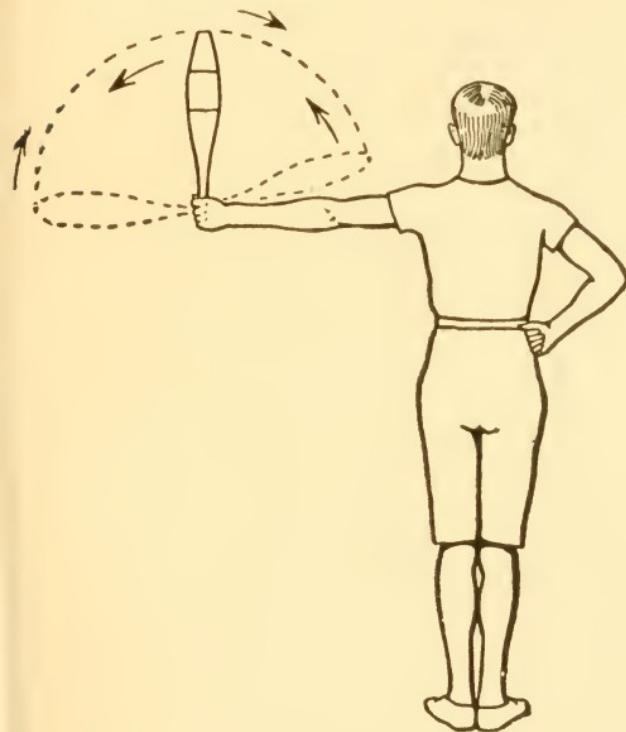


FIG. 26.

THE LEVER.

Upright—On the arm—Straight out.

“ “ “ “ ”

“ “ “ “ ”

“ “ and toss to outward.

CHANGE—By tossing the club to a small outward. Do not make a sweep, but just as the club completes the small circle, reverse it to a small inward. Then, just as the club is upright, make a small side-circle, and when the club is again upright, make a small inward, thus alternating *small inwards* and *small sides*.

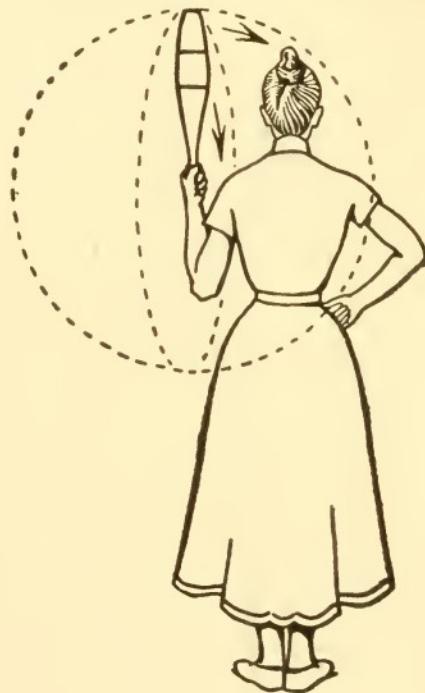


FIG. 27.

INWARD AND SIDE.

Small inward—Small side.

“	“	“	“
---	---	---	---

“	“	“	“
---	---	---	---

“	“	and over to the right.	
---	---	------------------------	--

CHANGE—By passing the club back of the head to the right hand. Make a small outward with the right hand, then reverse it to a small inward, and, as it comes to an upright position, change it to a small side-circle, then back to a small inward; thus alternating *small sides* and *small inwards*.

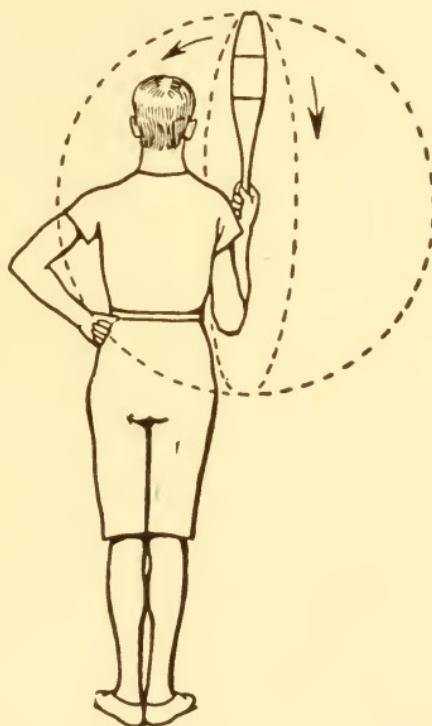


FIG. 28.
INWARD AND SIDE.

Small inward—Small side (three times each).

“ “ and toss over the head, letting it drop gently in the left hand, as shown in Fig 1—position. This will give a graceful

FINISH.

CONDENSED FOR CONVENIENCE



ONE CLUB

— Presupposing that the pupil has become familiar with all the movements; *i.e.*, with the necessary *details* in the learning of each, I present herewith my system of exercises in a *condensed* form, as a reminder to the individual, or as an aid to the teacher in calling the movements to a class.

The order of exercises, and the number of movements of each, are the same as I use for my classes in their public exhibitions.

On the rostrum, at the close of my lecture on "*Scientific Physical Training, or the Care of the Body,*" I aim not only to entertain, but to exemplify the principles set forth in my lecture, by giving, in appropriate costume, my entire system of Indian-club exercises—the clubs weighing eight pounds each.

As a rule, I do not advocate the use of heavy clubs; but these, to me, do not seem heavy, having had them in use—privately and publicly—for thirty years.

My plan of work is on the principle of "cumulative strength"—the only *true* principle. Hence I advise the use of one club throughout the entire system of exercises; then rest a moment before swinging the two clubs. Rest again, if desirable, at the close of the "windmill," before concluding the entire system.

By so doing I find no difficulty in closing the evening's entertainment by a few movements with *both clubs* (16 lbs.) *in one hand.*

By adhering to these suggestions, *invigoration* will take the place of *exhaustion*. Be patient in well doing.

ONE CLUB.

No. 1. Inward Right—one.

“ “ two.

“ “ three.

No. 2. Outward Right—one.

“ “ two.

“ “ three.

No. 3. Outward Left—one.

“ “ two.

“ “ three. Drop.

No. 4. Inward Left—one.

“ “ two.

“ “ three.

No. 5. Poise and Drop—Left. 1-2-3.

No. 6. Poise and Drop—Right. 1-2-3.

No. 7. Outward Right—Outward Left.

“ “ “ “

“ “ “ “

No. 8. Large Wheel—to the Left. 1-2-3. Drop and reverse.

No. 9. Large Wheel—to the Right. 1-2-3. Drop and reverse.

No. 10. Small Wheel—to the Left. 1-2-3. Drop and reverse.

No. 11. Small Wheel—to the Right. 1-2-3. Drop and Poise.

No. 12. Poise—Drop—Inward Right. 1-2-3. Over.

No. 13. Poise—Drop—Inward Left. 1-2-3. Over.

- No. 14. Drop—Inward Right—Over.
Drop—Inward Left—Over.
Drop—Inward Right—Over.
Drop—Inward Left—Over.
Drop—Inward Right—Turn.
- No. 15. Small Side—Right. 1-2-3.
No. 16. Large Side—Right. 1-2-3.
No. 17. Reverse. 1-2-3.
No. 18. Small—Large—Diagonal—Large.
2 " " " "
3 " Change to left hand.
- No. 19. Small Side—Left. 1-2-3.
No. 20. Large Side—Left. 1-2-3.
No. 21. Reverse. 1-2-3.
No. 22. Small—Large—Diagonal—Large.
2 " " " "
3 " Turn. Change to right.
- No. 23. Chin-knocker—Right. 1-2-3.
No. 24. Chin-knocker—Left. 1-2-3.
No. 25. Lever—Right. 1-2-3.
No. 26. Lever—Left. 1-2-3.
No. 27. Inward and Small Side—Left. 1-2-3.
No. 28. Inward and Small Side—Right. 1-2-3.
- Finish by tossing the club over the head, dropping it gently into the left hand.

TWO CLUBS



GENERAL DIRECTIONS

When the clubs fall parallel in the same direction, they should drop simultaneously, and should not be separated from each other any greater distance *during* the movement than when the movement *began*.

With the single exception of a "follow" movement (the windmill, Fig. 12) both clubs should drop with the same impulse, even though they are making different movements. The slightest variation from this rule will destroy the gracefulness and beauty of the swinging.

When facing front, avoid turning the body from side to side, except in Fig. 1. Practice before a mirror, in order that every movement of the club may be seen while facing front. This will teach one to look at his audience, instead of turning his head and watching the clubs. Master your clubs instead of allowing them to master you.

Take position by pointing the two clubs to the left, as shown in the illustration. Keep the palms of the hands up in order to steady the clubs. Toss both clubs up and out, sweeping them down in front of the body, and bringing them up to left side. Avoid angles. Toss them out and bring them in as if describing an arc of a circle

N. B.—To take up the clubs artistically—which cannot be done until all of the movements shall have been learned—see page 68.



FIG. I.

POINT.

Point left—Sweep.
“ “ Halt.

Point right—Sweep (three times each).

CHANGE—By halting at position and making a small outward with the left, and a full sweep with the right; both clubs dropping simultaneously. The club in the right hand makes a large revolution, while the one in the left makes a small one.

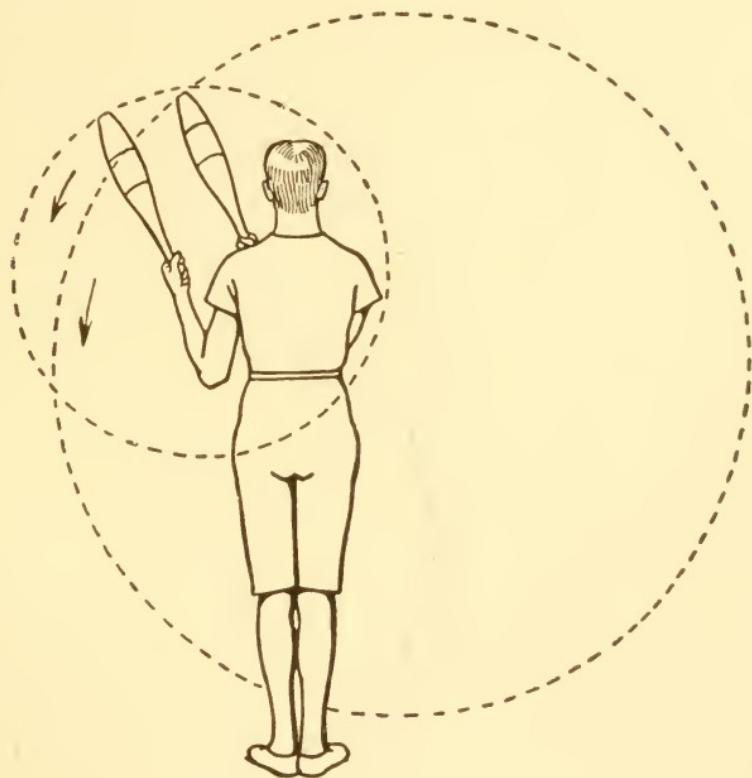


FIG. 2.

SMALL LEFT—LARGE RIGHT.

Small Wheel—left hand. Large Wheel—right hand.

“	“	“	“	“	“	“	“
56	46	66	66	56	66	66	66

CHANGE—By sweeping both clubs in front and bringing them up on the right side, and halting them in position of point right. Make a small outward with the right hand, and a full sweep with the left, both clubs falling simultaneously.

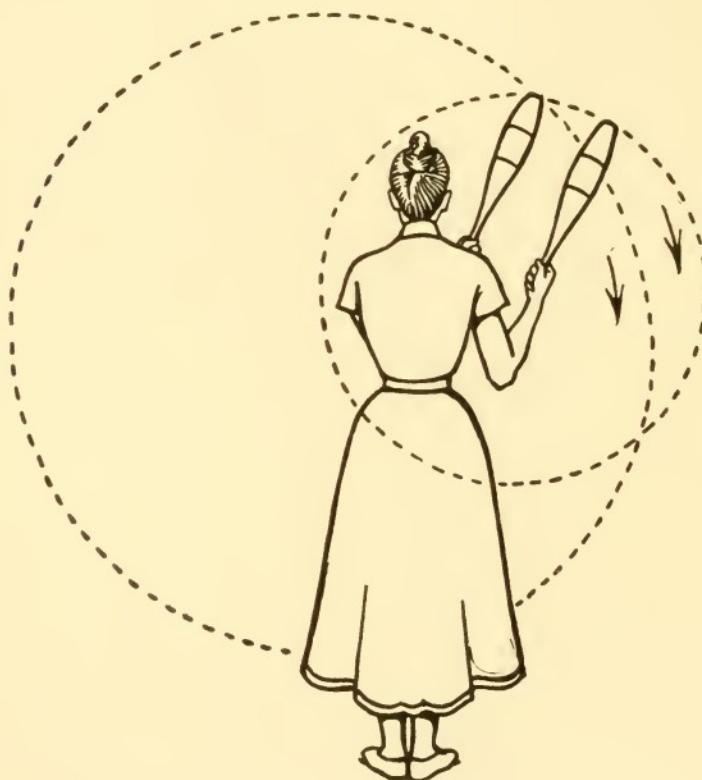


FIG. 3.

SMALL RIGHT. LARGE LEFT.

Small Wheel—right hand. Large Wheel—left hand.

“	“	“	“	“	“	“	“
---	---	---	---	---	---	---	---

“	“	“	“	“	“	“	“
---	---	---	---	---	---	---	---

CHANGE—By sweeping the clubs back to the left side and halting them a second, making a small outward with the left and a full sweep with the right. Sweep them both to the right side and halt only long enough to make a small outward with the right and a full sweep with the left; thus alternating the movement from side to side.

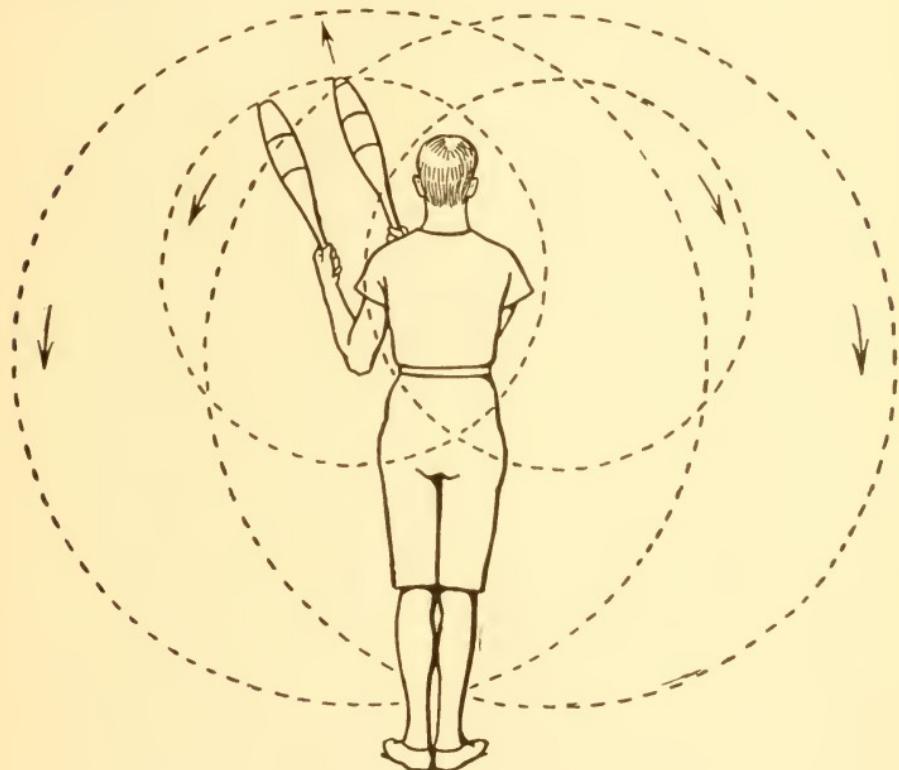


FIG. 4.
ALTERNATE.

Small left—Large right—Sweep. Small right—Large left—Sweep.
 " " " " " " " " " " " "

CHANGE—By sweeping the clubs back to the left side and halting the club in the left hand at poise 1; but pass the right club up in front of the face and push it back of the head, letting it drop as if to make an inward. Instead of making a small circle, push it to the right, as shown in the illustration. As the right club drops behind the head, the left club sweeps in front toward the right side. The clubs now change position—the left club is pushed back of the head, and the right club sweeps in front.

POISE 1



FIG. 5—BACKWARD DROP.

~~Backward~~ drop—right—push. Backward drop—left—push.
(Three times each).

CHANGE—By halting the left club at poise 1; swing it to poise 2; and drop it in front of the face. While this is being done the right club sweeps back on the circle in front, and halts at poise 1 on the right side, then to poise 2, and drops in front of the face; thus making the regular poise and drop with each hand.

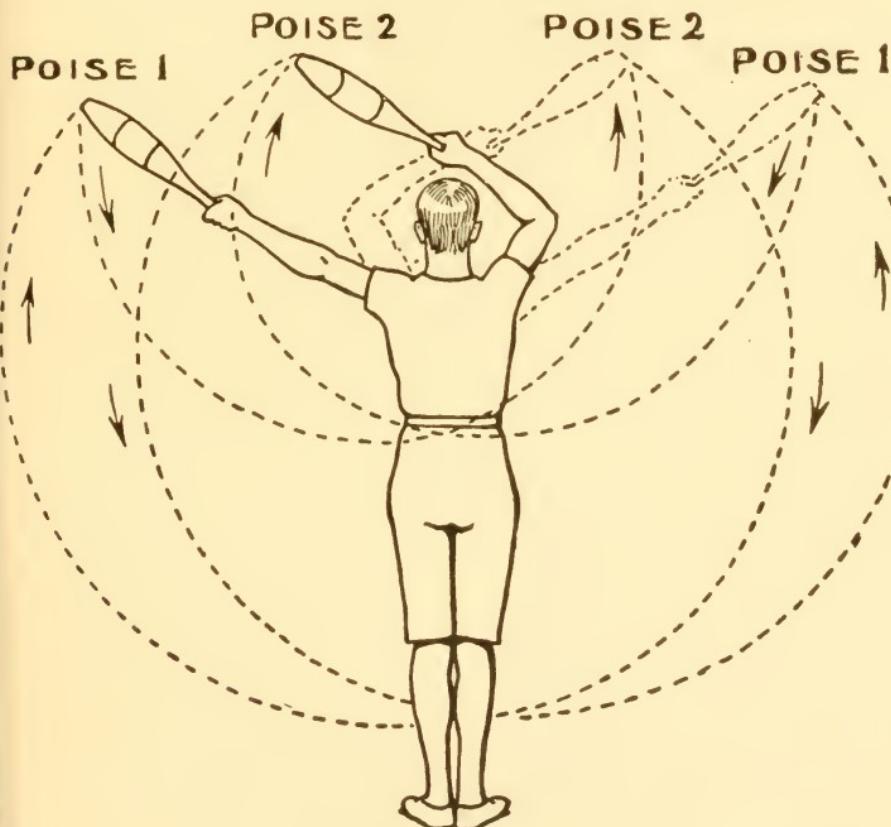


FIG. 6—FORWARD DROP.

Poise and drop—Left. Poise and drop—Right.

“	“	“	“	“	“	“	“
“	“	“	“	“	“	“	“

CHANGE—By halting the clubs a second when they are on the left side. Turn the left club to an outward, while the right club passes down in front and sweeps up on the right side, making a small inward and push—as in the backward drop. It then sweeps down in front and is pushed back of the head, making a backward drop and push, while the left club is making an outward.



FIG. 7—OUTWARD LEFT—BACKWARD DROP.

Outward left—Sweep. Backward drop and push—Right.
(Three times each).

CHANGE—By converting the backward push and drop of the right club, to an outward and sweep. When the club is pushed *right* the third time, instead of dropping it in front, turn it immediately to an outward. The left club makes no change but continues making the outward and sweep.

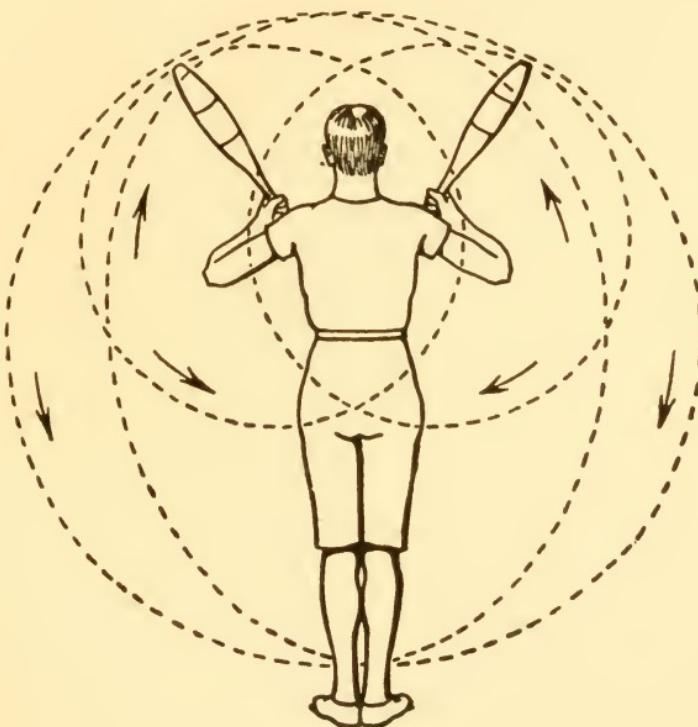


FIG. 8.
ALTERNATING OUTWARD.

Outward left—Sweep. Outward right—Sweep.

“	“	“	“	“	“
“	“	“	“	“	“

CHANGE—By halting both clubs a second, just as the *right* club closes the third small outward. Reverse it to a small inward, followed by a full sweep. The left club also reverses its movement, making a sweep, followed by a small inward. One club is making an inward while the other is making a sweep.



FIG. 9.

ALTERNATING INWARD.

Inward right—Sweep. Inward left—Sweep.

" " " " " "

" " " Both clubs left side.

CHANGE—By making a small outward left, and a full sweep with the right; *i.e.*, what is known as small left, large right. Sweep both clubs in front at the same time, and bring them up on the right side, and sweep them up, over and back of the head, making small circles, both clubs parallel, as shown in the illustration.

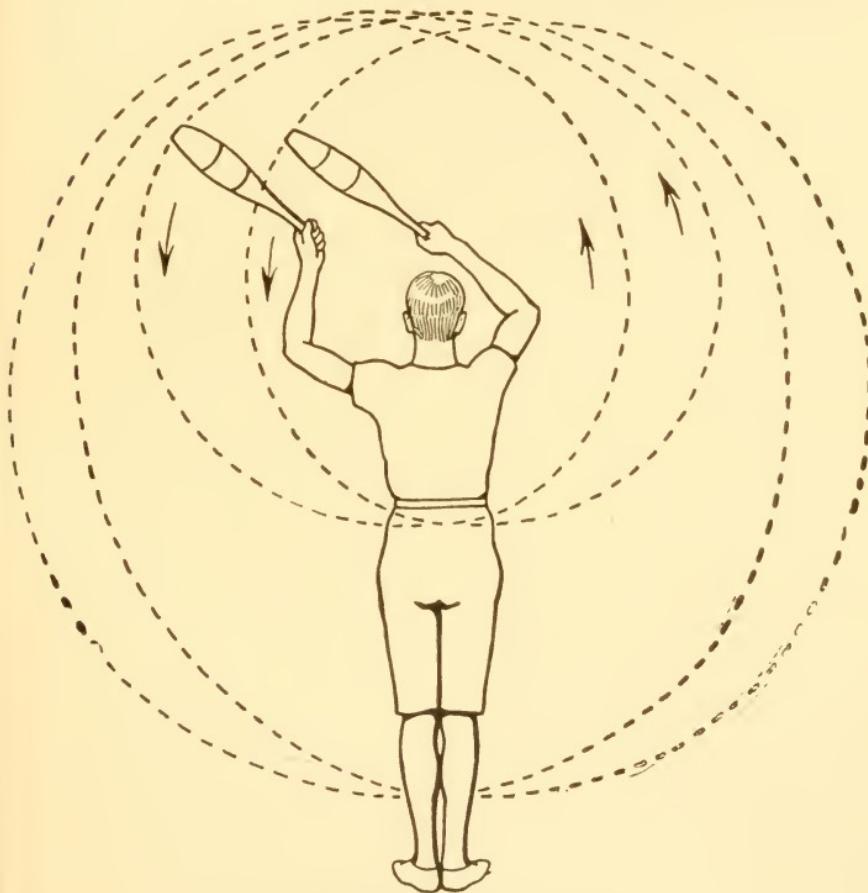


FIG. 10—SMALL CIRCLES—BACK.

One small circle—Sweep. Two small circles—Sweep.
Three small circles—Change.

CHANGE—By making an *extra* small circle with the left hand while the right sweeps in front. The right hand passes back to a small inward, while the left hand sweeps in front. By the time the small inward is finished with the right hand, the left will be in place for a small outward. The clubs now join, and make another double circle back of the head.

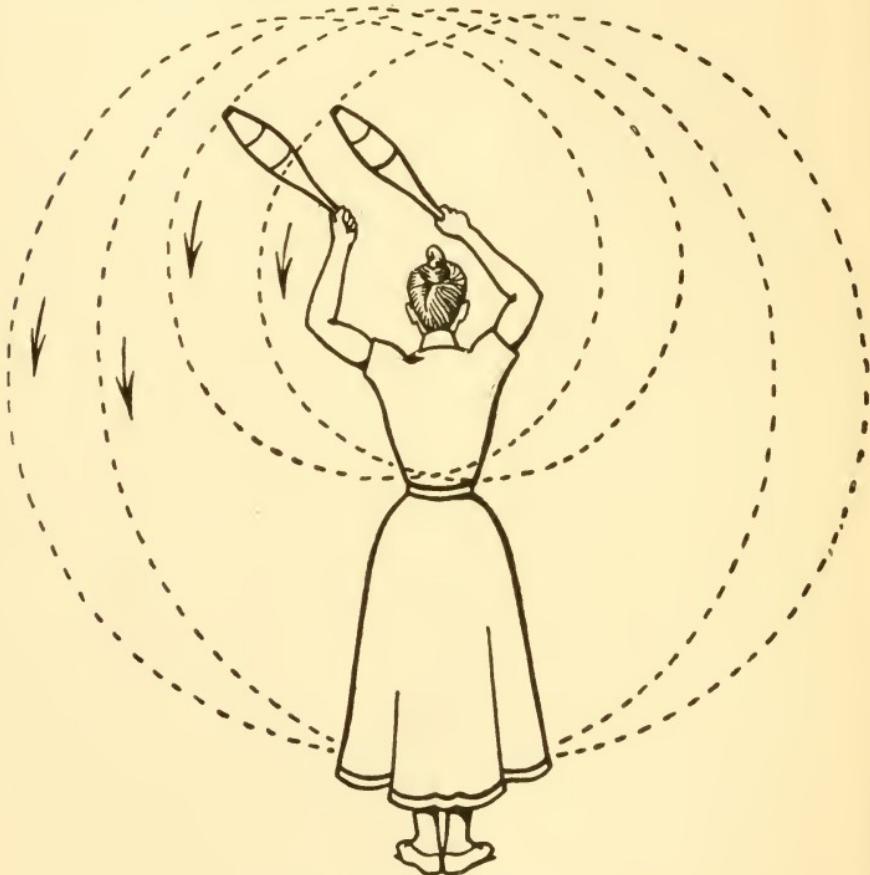


FIG. II—LEFT—RIGHT—BOTH.

Small left—Sweep.	Small right—Sweep.	Small—Both.
" " "	" " "	2 " "
" " "	" " "	3 "

CHANGE—By pushing the left club up and out from the shoulder, while hastening the right in front, and making a full sweep, till—without halting either club—the right club is exactly opposite the left, just after the right passes the feet—both arms extended. The clubs should now follow each other, but neither *catch* the other. The right hand makes an inward and sweep, while the left is following with a sweep and outward.

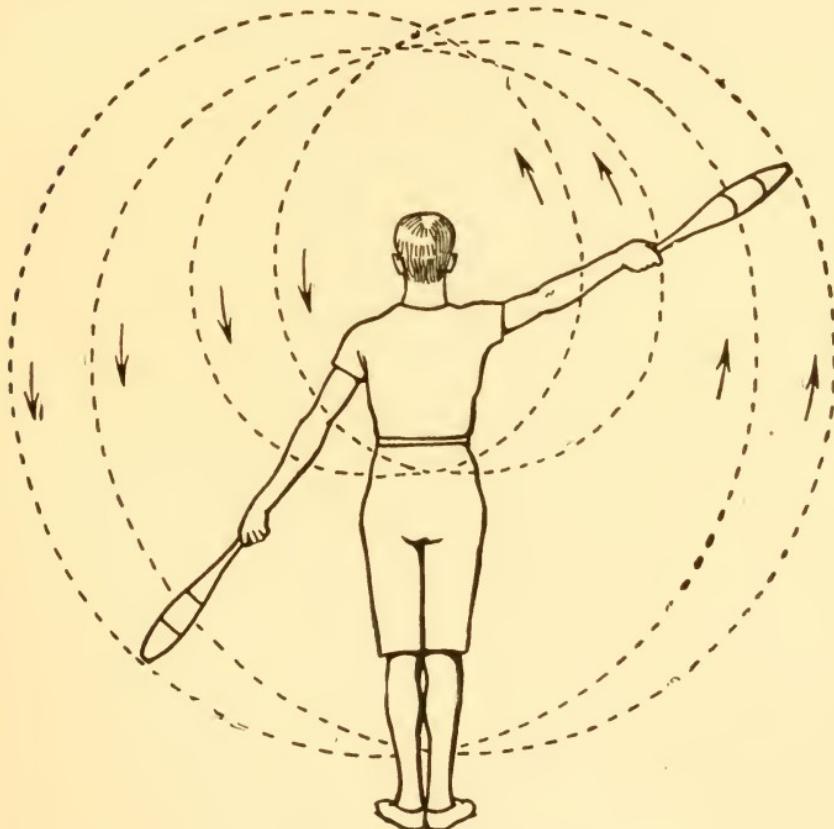


FIG. 12—THE WINDMILL.

Inward right—Outward left—Sweep—Swee
 " " " " " "
 " " " " " omit sweep

CHANGE—By slowing up on the left till the right catches it. Sweep both clubs in front and then back of the head, as shown by position of clubs in Fig. 10. Continue the small inward circles with the right hand, but shift the position of the left a trifle forward, making small side circles. Both clubs should fall and rise at the same time, each crossing the track of the other. Swing them so that the circles are at right angles.



FIG. 13—SIDE AND INWARD—LEFT.

Small side—Left. Small inward—Right (three times each).

CHANGE—By quickly shifting the clubs to the *right* side, making a small inward with the left, and a small side with the right.



FIG. 14.

SIDE AND INWARD—RIGHT.

Small side—Right. Small inward—Left

" " " " " "

CHANGE—By shifting the clubs back to the left side and then back to the right, continuing the same movement, but alternating from side to side.



FIG. 15.

ALTERNATE.

Side and inward—Left. **Side and inward—Right.**

— *—* *—* *—* *—* *—* *—* *—* *—*

40 41 42 43 44 45 46 47

CHANGE—By bringing the clubs to a perpendicular poise on each side of the head. Make a small inward with the right, then a small inward with the left; again with the right, and again with the left. Sweep the right in front of the face, then the left, and bring them up to repeat the small inwards with each.

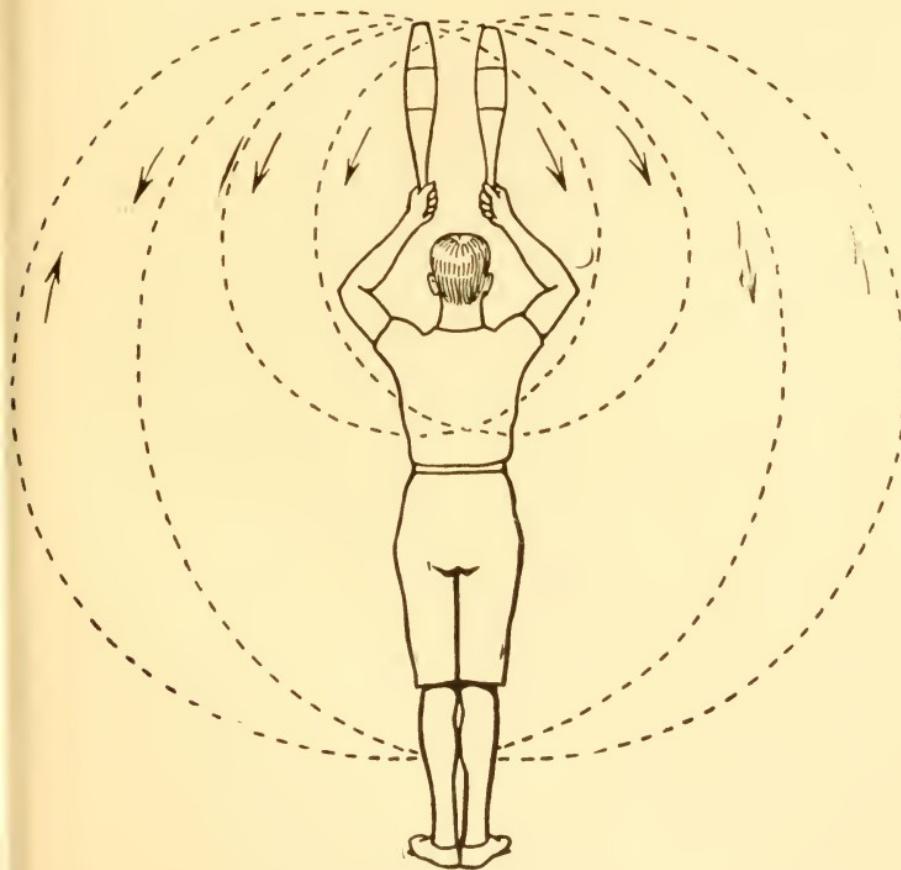


FIG. 16.

RIGHT—LEFT—RIGHT—LEFT—SWEEP—SWEEP.

Inward right—Inward left—Inward right—Inward left—Sweep—Sweep.
 " " " " " " " " " " " " " " " " " " omit sweep.

CHANGE—By omitting the sweep the third time. At the conclusion of the small circles, bring the clubs again to a perpendicular poise on each side of the head, and make small side-circles; both clubs falling and rising simultaneously.



FIG. 17.

SMALL SIDES.

Small side—Right. Small side—Left. Together.

"	"	"	"	"	"	"
"	"	"	"	"	"	"

CHANGE—By bringing the clubs again to a perpendicular poise on each side of the head. Make small inwards with each hand at the *same time*, the clubs crossing each other at the hands.

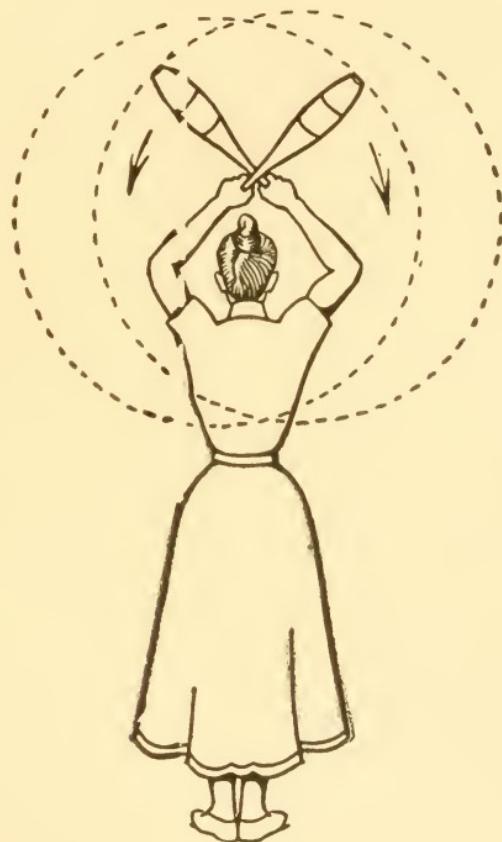


FIG. 18.

SMALL INWARDS.

Small inward—Right. Small inward—Left. Together

“	“	“	“	“	“	“	“
“	“	“	“	“	“	“	“

CHANGE—By sweeping both clubs in front of the face at the same time, crossing each other above and below in the circle. Keep the arms as fully extended as possible.

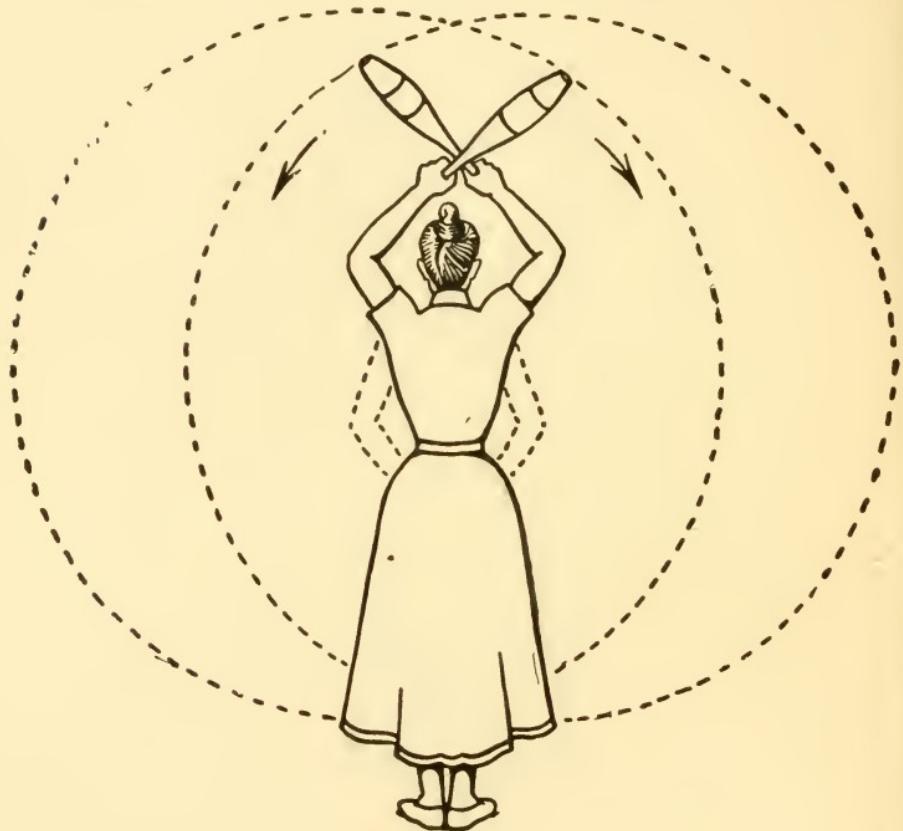


FIG. 19.
INWARD SWEEPS.

Sweep inward—Right. **S**weep inward—Left. **T**ogether.

“	“	“	“	“	“	“	“
---	---	---	---	---	---	---	---

CHANGE—By bringing the clubs again to a perpendicular poise on each side of the head, and then unite the last three moves in one; *i.e.*, giving them in succession—one of each.

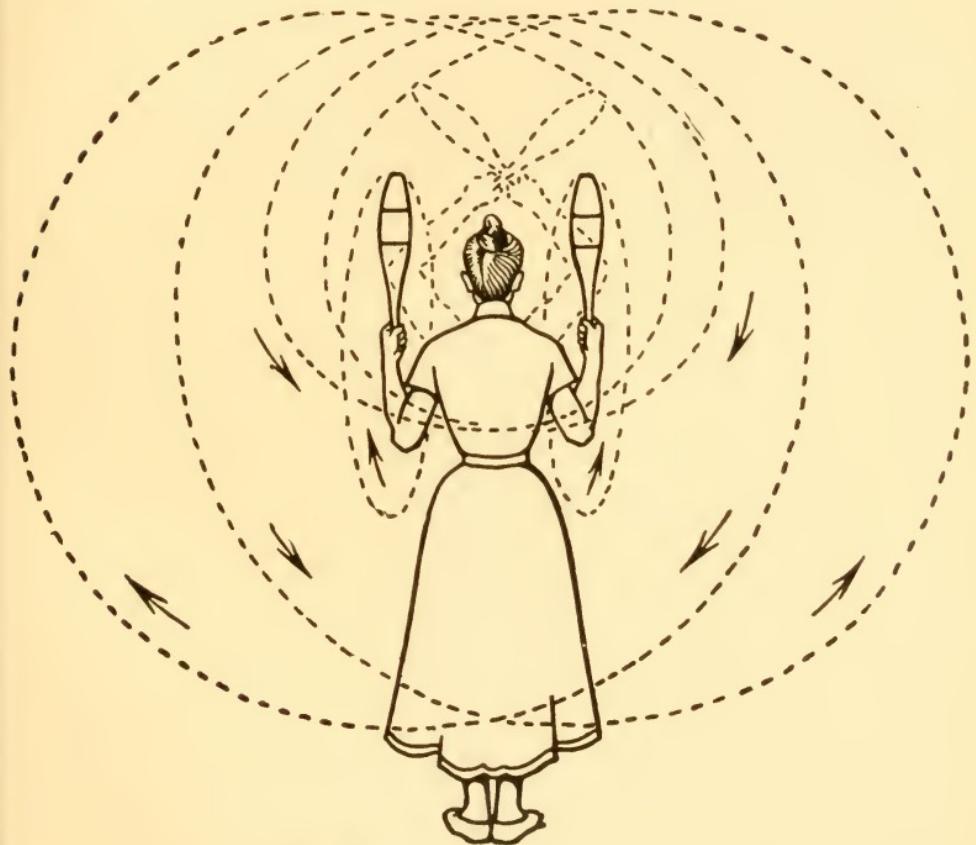


FIG. 20—SIDE—INWARD—SWEEP.

Small sides—Small inwards—Sweeps.

“ “ “ “ “

“ “ “ “ “

“ “ change.

CHANGE—By bringing the clubs again to a perpendicular poise, and swing them to small circles toward the left, as shown by position of clubs in Fig. 10. Then turn the body quickly to the left—without moving the left foot. Make small side-circles once. Sweep the clubs together, bringing them up on the *right* side. Turn the body right—without moving the right foot and make small side-circles once. Sweep the clubs back to the left side and repeat. Both clubs should fall together—only one club being visible to any one sitting directly opposite.



FIG. 21—SMALL SIDE—LEFT AND RIGHT.

Small side—Left—Sweep.	Small side—Right—Sweep
" " "	" " "
" " "	" " "
	Omit sweep.

CHANGE—By halting the left club as it points up till the right club points down. Instead of the clubs falling simultaneously, they now fall successively, in the same direction.

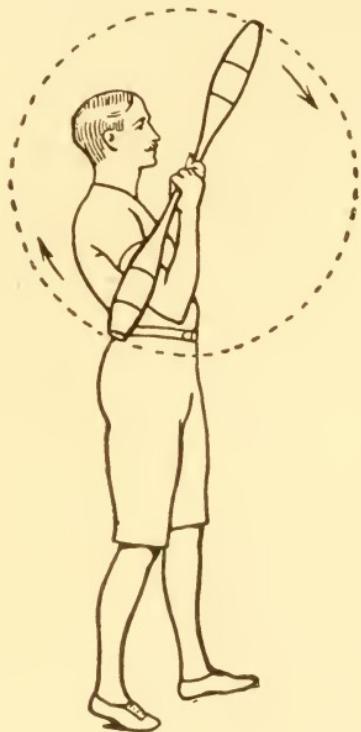


FIG. 22.
ALTERNATE.

Small sides. Down—Right. Down—
 " " "
 " " "

CHANGE—By halting the right club when it points up, till the left club also points up. Continue the small side-circle *forward*, with the *left* hand, but *reverse* the small side-circle with the *right* hand. Again both clubs fall simultaneously, though in *opposite* directions.



FIG. 23.

REVERSE.

Small sides. Forward—Left. Reverse—Right.

“

“

“

“

“

“

“

CHANGE—By halting both clubs when vertical, make *small sides* and sweep to the left. Turn the body to the left without moving the left foot. Make small sides as soon as the clubs come up on the left side; then make small circles again, but pass both clubs *inside* the arms; then again small circles *outside*; then thrust both clubs under the arms, as shown in the illustration. Then toss the clubs up for small circles again. Both clubs fall inside or outside, as the case may be, *at same time*.

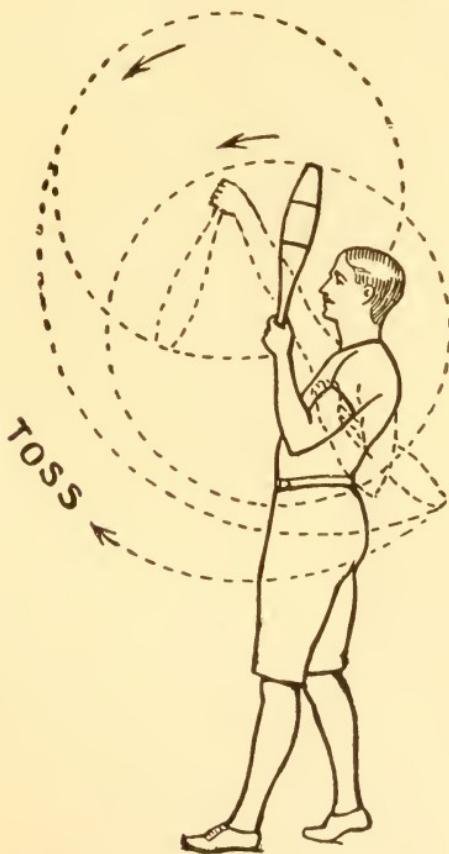


FIG. 24—DOUBLE CHIN KNOCKER.
Small circles—Outside—Inside—Outside—Under. Toss.
(Three times each.)

CHANGE—By sweeping the clubs in front—now facing front. Check the right club when the arm and club are perfectly horizontal. Push the left club back of the head and make a small inward, three times, while holding the right hand and club perfectly quiet. Sweep the left club in front, make a poise and drop, and, *as it drops*, sweep the right club down with it.

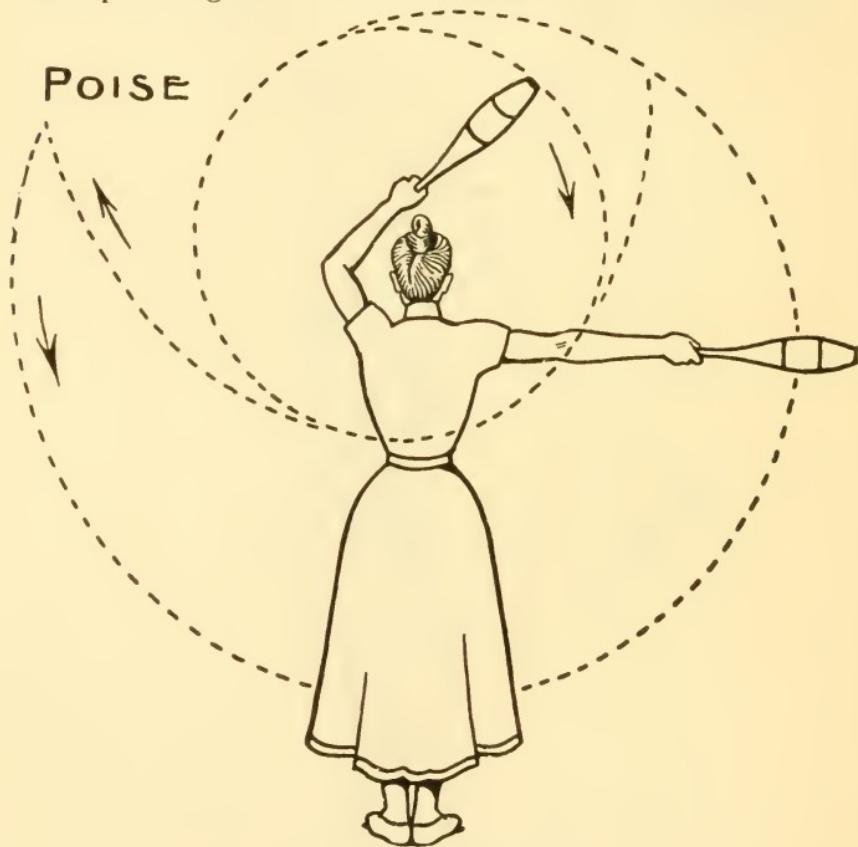


FIG. 25—RIGHT HORIZONTAL.
Horizontal—Right. Inward 1—Left.
" 2 "
" 3 " and sweep.
Poise and drop—Left. Sweep both.

CHANGE—By sweeping the clubs up to the left side, holding the *left* arm horizontal, and passing the *right* club back of the head. Make three small inward circles with the right hand, then sweep in front of the face, and make a poise and drop with the right hand.

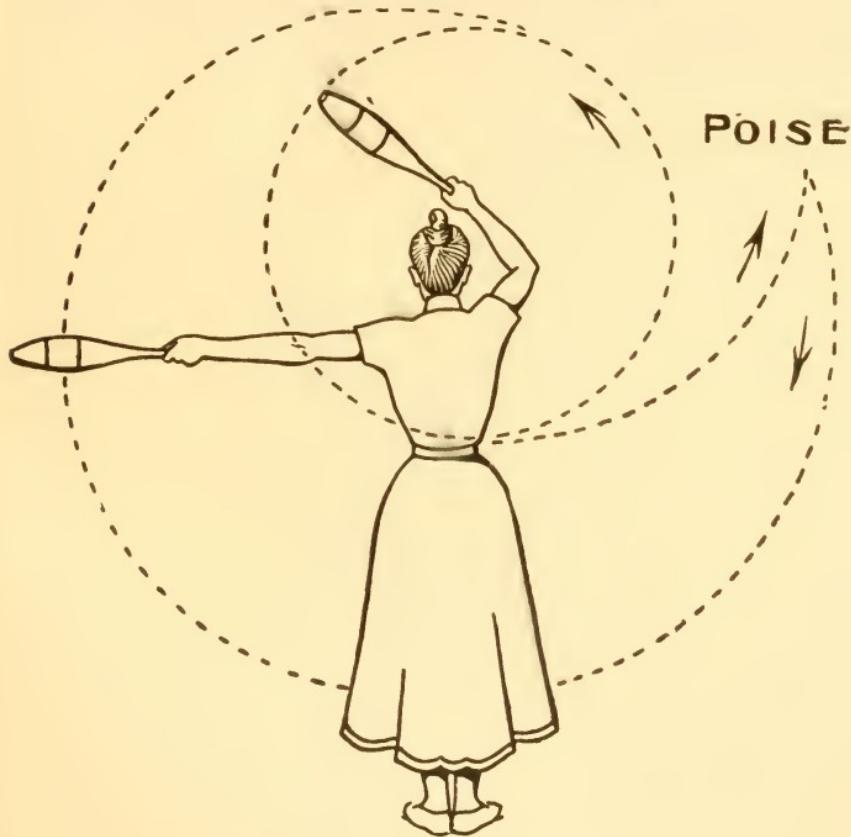


FIG. 26—LEFT HORIZONTAL.
Horizontal—Left. Inward 1—Right.
“ 2 “
“ 3 “ and sweep.
Poise and drop—Right—Sweep both.

CHANGE—By sweeping the clubs to a small circle back of the head, as shown by the position of the clubs in Fig. 10. Turn the body *squarely* to the left, the weight on both feet. Make a small side-circle with the left hand, while the right makes a large side-circle. Then make a small side-circle with the right hand, and a *large* side-circle with the left. Both clubs should fall with the same impulse—the one making a large circle, while the other makes a small.

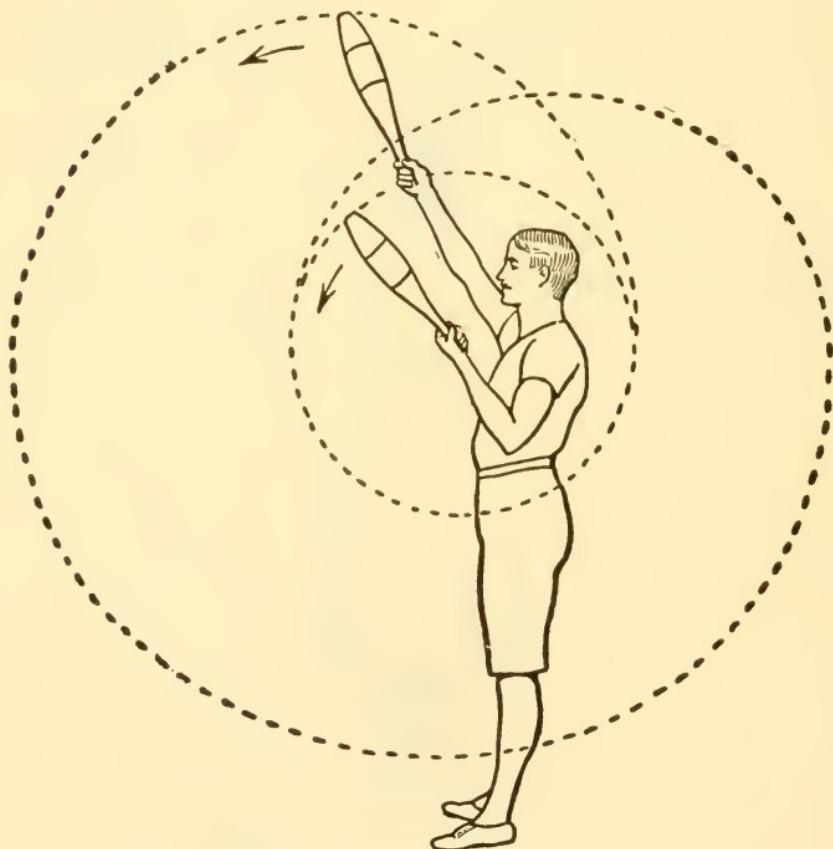


FIG. 27—SHOULDER BRACE.

Small left—Large right. Small right—Large left.
 " " " " " " " " " " change

CHANGE—by checking the large side-circle, with the right hand, just as the club has passed a short distance back of the feet. At the same time extend the left arm and club up and forward—pointing exactly opposite the right. Slip the right foot a little back of the left—the momentum of the club on the downward sweep will aid you. With a quick but strong impulse sweep both clubs at once in opposite directions—the left arm makes a large circle forward, the right arm a large circle reversed. Keep the arms *unbent* and close to the body.

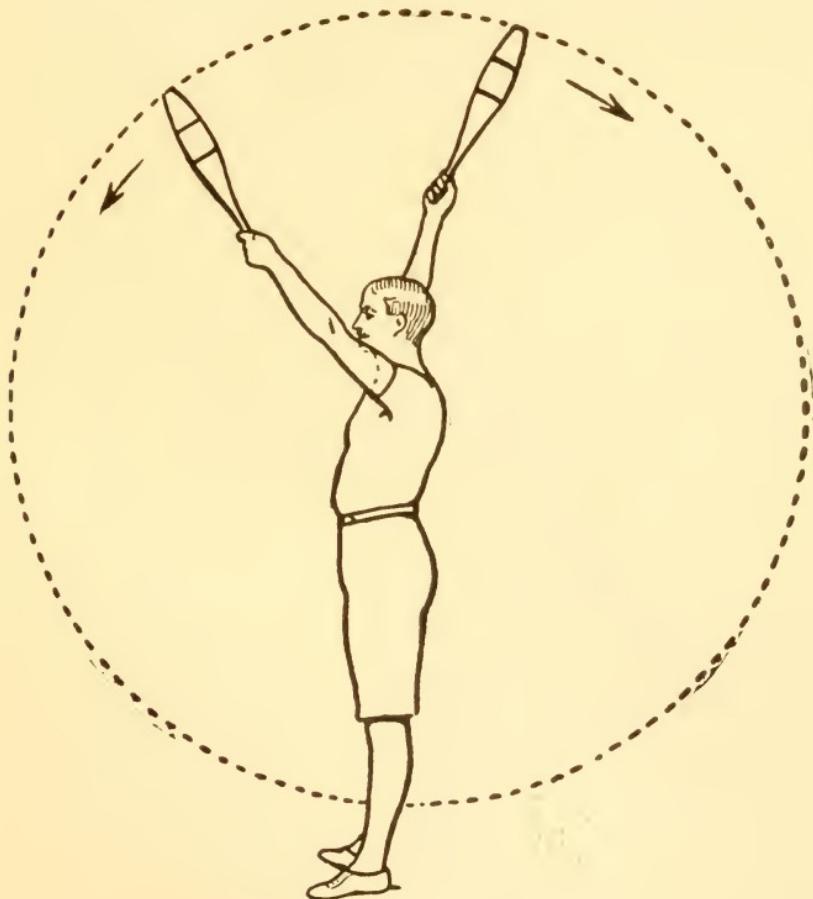


FIG. 28—LARGE REVERSE.

Left and Right—opposite (repeat three times.)

CHANGE—By halting the right club as it sweeps up in front on the third reverse. Let it fall to a *small side*. Check the left club as it passes the feet the third time, and bring it up in front with a sweep. It will reach there in time to join the right club as it makes a second small side-circle. Join them (both making a *small side*), sweep them to the front (turning the body front), and pass them back of the head, making small circles back, as shown by position of clubs in Fig. 10. Pass directly to the *windmill*, and add small side alternates (Fig. 22).

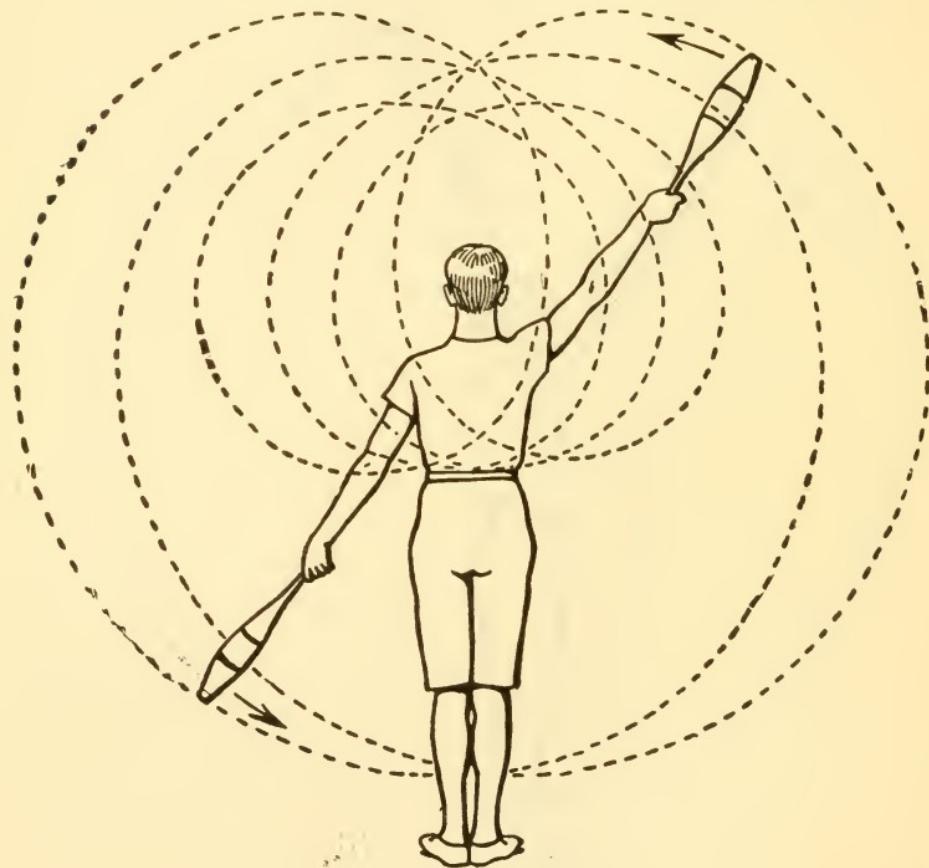
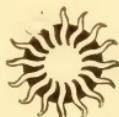


FIG. 29—WINDMILL—ALTERNATE.

Inward right—Outward left—Small side right—Small side left—
Sweep right. Sweep left. Repeat three times. Sweep both.

THE FINISH

Halt the right club when completing the third small alternate, till the left club comes up on the third small circle. Sweep both in front with one impulse, and pass them back over the head to a small circle, as shown by the position of the clubs in Fig. 10. Follow this with a small side-circle (Fig. 21). Pass the clubs gracefully under the arms (Fig. 24). Keep them there till you have made your bow and exit.



TWO CLUBS



TO TAKE UP BOTH CLUBS ARTISTICALLY

Face front. Stand between the clubs. Fold the arms. With the first note of the music unfold the arms, raise the hands above the head and sweep them down to the side. Bend the body, take the clubs with sufficient impulse to sweep them a short distance back. Straighten the body, and this will give the clubs an impulse forward. Sweep them up high enough in front to make small side-circles (Fig. 17), then small circles back of the head (Fig. 10), then, turning the body quickly to the left, make small side-circles (Fig. 21), halting them in position of Fig. 1—two clubs.

I herewith present my *system of exercises*:

CONDENSED FOR CONVENIENCE—TWO CLUBS.

No. 1. Point Left. Right—Left.

“ “
“ “

No. 2. Small left—Large right. 1-2-3. Sweep.

No. 3. Small right—Large left. 1-2-3. Sweep.

No. 4. Alternate. Left—Right.

“ “
“ “ sweep.

No. 5. Backward drop. Right—Left.

“ “
“ “

No. 6. Forward drop. Left—Right.

“ “
“ “

No. 7. Outward left—Backward drop, right.

“ “
“ “

No. 8. Alternating outward. Left—Right.

“ “
“ “

No. 9. Alternating inward. Right—Left.

“ “
“ “

“ sweep

No. 10. Small back circles. 1—Sweep.

2 “
3 change.

No. 11. Left—Right—Both

1
2
3 change.

No. 12. Windmill. 1-2-3.

No. 13. Side and inward—Left side. 1-2-3.

No. 14. Side and inward—Right side. 1-2-3.

No. 15. Alternate. Left—Right.

“ “ “

“ “ “

No. 16. Right—Left—Right—Left—Sweep—Sweep

“ “ “ “ “ “

“ “ “ “ Halt.

No. 17. Small sides. 1-2-3.

No. 18. Small inwards. 1-2-3.

No. 19. Double inward sweeps. 1-2-3.

No. 20. Small sides—Inwards—Sweeps.

“ “ “

“ “ “

“ Turn.

No. 21. Small sides, left—one. Small sides, right—one

“ “ two. “ “ two.

“ “ three. “ “ three.

No. 22. Alternate. Right—Left.

“ “

“

No. 23. Reverse. 1-2-3. Sweep to left side.

No. 24. Out—In—Out—Under. Toss.

“ “ “ “ “

“ “ “ “ “

“ and sweep.

No. 25. Right—Horizontal.

Left—Inward. 1-2-3. Sweep.

“ Poise and drop.

Take it along (the right club).

No. 26. Left—Horizontal.

Right—Inward. 1-2-3 Sweep.

" Poise and drop.

Take it along (the left club). Sweep--
turn.

No. 27. Shoulder brace. Left—Right.

" "

" reverse.

No. 28. Large reverse. 1-2-3.

No. 29. Windmill and alternate. 1-2-3.

Pass the clubs under the arms, and make your bow
and exit.



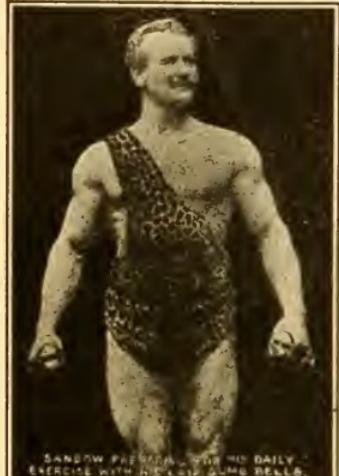
OFFICIAL RULES FOR ALL ATHLETIC SPORTS.

The following list contains the Group and the Number of the book of Spalding's Athletic Library in which the rules wanted are contained. See front pages of book for complete list of Spalding's Athletic Library.

EVENT.	Group	No.	EVENT.	Group	No.
All-Round Athletic Championship.....	12	182	Lawn Bowls.....	11	207
A. A. U. Athletic Rules.....	12	311	Lawn Games.....	11	188
A. A. U. Boxing Rules.....	12	311	Lawn Tennis.....	4	4
A. A. U. Gymnastic Rules.....	12	311	Obstacle Races.....	12	55
A. A. U. Water Polo Rules.....	12	311	Olympic Game Events—Marathon Race, Stone Throwing with Impetus, Spear Throwing, Hellenic Method of Throwing Discus, Discus, Greek Style for Youths	12	55
A. A. U. Wrestling Rules.....	12	311	Pigeon Flying.....	12	55
Archery.....	11	248	Pin Ball.....	12	55
Badminton.....	11	188	Playground Ball.....	1	306
Base Ball.....	1	1	Polo (Equestrian).....	10	199
Indoor.....	9	9	Polo, Rugby.....	12	55
Basket Ball, Official Collegiate.....	7	7	Polo, Water (A. A. U.).....	12	311
Women's.....	7	312	Potato Racing.....	12	311
Water.....	12	55	Professional Racing, Sheffield Rules.....	12	55
Basket Goal.....	6	188	Public Schools Athletic League Athletic Rules.....	12	313
Bat Ball.....	12	55	Girls' Branch; including Rules for School Games.	12	314
Betting.....	12	55	Push Ball.....	11	170
Bowling.....	8	8	Push Ball, Water.....	12	55
Boxing—A. A. U., Marquis of Queensbury, London Prize Ring.....	14	162	Quoits.....	11	167
Broadsword (mounted).....	12	55	Racquets.....	11	194
Caledonian Games.....	12	55	Revolver Shooting.....	12	55
Canoeing.....	13	23	Ring Hockey.....	6	180
Children's Games.....	11	189	Roller Polo.....	10	10
Court Tennis.....	11	194	Roller Skating Rink.....	10	10
Cricket.....	3	3	Roque.....	11	271
Croquet.....	11	138	Rowing.....	13	128
Curling.....	11	14	Sack Racing.....	12	55
Dog Racing.....	12	55	Shuffleboard.....	12	55
Fencing.....	14	165	Skating.....	13	209
Foot Ball.....	2	2	Skittles.....	12	55
Code of Rules.....	2	334	Snowshoeing.....	12	55
Association (Soccer).....	2	2 A	Squash Racquets.....	11	194
English Rugby.....	12	55	Swimming.....	13	177
Canadian.....	2	332	Tether Tennis.....	11	188
Golf.....	5	5	Three-Legged Race.....	12	55
Golf-Croquet.....	6	188	Volley Ball.....	6	188
Hand Ball.....	11	13	Wall Scaling.....	12	55
Hand Polo.....	10	188	Walking.....	12	55
Hand Tennis.....	11	194	Water Polo (American).....	12	311
Hitch and Kick.....	12	55	Water Polo (English).....	12	55
Hockey.....	6	304	Wicket Polo.....	10	188
Ice.....	6	6	Wrestling.....	14	236
Field.....	6	154	Y. M. C. A. All-Round Test.....	12	302
Garden.....	6	188	Y. M. C. A. Athletic Rules.....	12	302
Lawn.....	6	188	Y. M. C. A. Hand Ball Rules.....	12	302
Parlor.....	6	188	Y.M.C.A. Pentathlon Rules.....	12	302
Ring.....	12	55	Y.M.C.A. Volley Ball Rules.....	12	302
Ontario Hockey Ass'n.....	6	256			
Indoor Base Ball.....	9	9			
Inter-collegiate A. A. A. A.	12	307			
I. C. Gymnastic Ass'n.....	15	333			
Lacrosse.....	11	201			
U. S. I.-C. Lacrosse League	11	337			

ACCEPT NO
SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES
MADE IN U.S.A.

Sandow's Patent Spring Grip Dumb Bells



SANDOW PREVIOUSLY USED DAILY EXERCISE WITH HIS OWN DUMB BELLS.

EUGEN SANDOW, Patented.

Spring
Grip

Dumb Bells

A. G. SPALDING & BROS.

SOLE AMERICAN AND CANADIAN LICENSEES

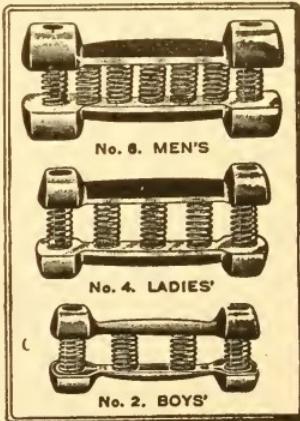
AN ENTIRE SYSTEM of Physical Culture is embraced within the exercises possible with these wonderful dumb bells.

The bells are made in two halves connected by steel springs, the effort necessary in gripping compelling the pupil to continually devote his whole mind to each movement. This concentration of will power on each muscle involved is what is responsible for the great results obtained through properly exercising with them.

Sandow's Patent Spring Grip Dumb Bells

No. 6. MEN'S.	Nickel-plated; fitted with seven steel springs.	Per pair, \$3.00
No. 4. LADIES'.	Nickel-plated; fitted with five steel springs.	Per pair, \$2.50
No. 2. BOYS'.	Nickel-plated; fitted with four steel springs.	Per pair, \$2.00

We include with each pair of Sandow Dumb Bells a chart of exercises by Sandow and full instructions for using. Also a piece of selvyt cloth for keeping dumb bells in good condition.



PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE **THE SPALDING** TRADE-MARK GUARANTEES QUALITY

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

Home Apparatus

"It is not so important to have big muscles as it is to have good digestion; it is not so important to have powerful muscles as it is to have a strong, regular heart; it is not so important to have great skill with one's muscles as to have good lungs and kidneys." — Extract from Spalding Athletic Library No. 161 — "Ten Minutes' Exercise for Busy Men."

The value of a few minutes' exercise daily with scientific and properly designed apparatus, is rapidly becoming apparent to the vast number of business men who find it simply impossible to take regular outdoor exercise.

Spalding Exhibition Clubs

Handsomely finished in ebonite and made for exhibition and stage purposes. The clubs are hollow, with a large body, and although extremely light, represent a club weighing three pounds or more.

No. A. Ebonite finish. \$3.50

No. AA. With German Silver Bands. Per pair, \$5.00



No. A No. AA

Spalding

Indian Club and Dumb Bell Hangers

MADE OF IRON AND NICELY JAPANNED

No. 1. For Indian Clubs or Dumb Bells.

Per pair, 16c.

No. 1M. For Indian Clubs or Dumb Bells, mounted on oak strips.

Per pair, 25c.



No. 1

16c.

25c.

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

**A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES**

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

Spalding Gold Medal Indian Clubs

Natural Color, Lathe Polished, High Finish

Spalding Gold Medal Indian Clubs are made of selected first grade clear maple, in two popular models and are perfect in balance. Each club bears fac-simile of the Spalding Gold Medal. Each pair is wrapped in paper bag.

MODEL E

Weights specified are for each club.

PAIR	PAIR
1½ lb. \$.60	1½ lb. \$.80
¾ lb. .60	2 lb. 1.00
1 lb. .70	3 lb. 1.20

MODEL B

Weights specified are for each club.

PAIR	PAIR
½ lb. \$.50	1½ lb. \$.60
¾ lb. .50	2 lb. .70
1 lb. .55	3 lb. 1.00

Model E



Spalding

Trade-Mark Indian Clubs

Stained Finish

The following clubs bear our Trade-Mark, are made of good material, and are far superior in shape and finish to the best clubs of other makes. Furnished in two popular models. Each pair wrapped in paper bag.

MODEL ES

Weights specified are for each club.

PAIR	PAIR
½ lb. 35c.	
¾ lb. 35c.	
1 lb. 40c.	
1½ lb. 50c.	
2 lb. 60c.	
3 lb. 70c.	

MODEL BS

Weights specified are for each club.

PAIR	PAIR
½ lb. 30c.	
¾ lb. 30c.	
1 lb. 35c.	
1½ lb. 45c.	
2 lb. 55c.	
3 lb. 65c.	

Model ES



ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.



Spalding Gold Medal Wood Dumb Bells

Natural Color, Lathe Polished, High Finish

Spalding Gold Medal Dumb Bells are made of selected first grade clear maple, and are perfect in balance. Each bell bears fac-simile of the Spalding Gold Medal. Each pair is wrapped in paper bag. Weights specified are for each bell.
 ½ lb. ¾ lb. 1 lb. 1½ lb. 2 lb.
 Pair, 40c. 45c. 50c. 55c. 65c.



Spalding Trade-Mark Wood Dumb Bells

Stained Finish

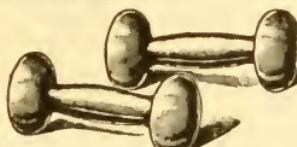
Spalding Trade-Mark quality. Made of good material and superior in shape and finish to the best wood dumb bells of other makes. Each pair wrapped in paper bag. Weights specified are for each bell.
 ½ lb. ¾ lb. 1 lb. 1½ lb. 2 lb.
 Pair, 30c. 30c. 35c. 45c. 55c.

Spalding Iron Dumb Bells



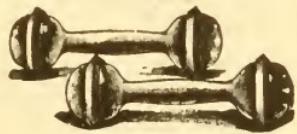
Made on approved models, nicely balanced and finished in black enamel. Sizes 2 to 40 pounds. 6c. | Over 40 pounds, . . . 8c. Bar Bells, any weight, wrought iron handles, any length made specially. Pound, 10c.

Spalding Nickel-Plated Dumb Bells



Nickel-plated and polished.
 1N. 1 lb. \$.25 | 4N. 4 lb. \$.75
 2N. 2 lb. .50 | 5N. 5 lb. 1.00
 3N. 3 lb. .65

Spalding Nickel-Plated Dumb Bells With Rubber Bands



Nickel-plated and polished.
 1B. 1 lb. \$.65 | 3B. 3 lb. \$1.00
 2B. 2 lb. .75 | 4B. 4 lb. 1.15
 5B. 5 lb. 1.25

Savage Bar Bell—Especially designed by DR. WATSON L. SAVAGE.

Model S. Has large pear shaped ends with a flexible hickory shaft ½-inch in diameter, producing a vibratory exercise, similar to that obtained with the French wand. Per dozen, \$6.00

Spalding

No. 2. Selected material, highly polished, 5 feet long. Per dozen, \$5.00

Spalding School Wand

No. 3. 3½ feet long. Made of straight grain maple. . . . Per dozen, \$1.30

No. 4. 4½ feet long. 1 inch diameter. Per dozen, \$1.60

Home Apparatus

"If a man gets plenty of food, and his digestive apparatus works it up into good rich blood; if the heart is strong and regular so that this good blood goes to all parts of the body with vigor and regularity, and if the respiratory and excretory apparatus is in such good order that this blood is kept pure, the fundamental conditions of health are laid.—*'Extracts from Spalding Athletic Library No. 161.—"Ten Minutes' Exercise for Busy Men.'*

Rational exercise with simple but correct apparatus will enable almost any man to arrive at approximately a correct state of health.

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

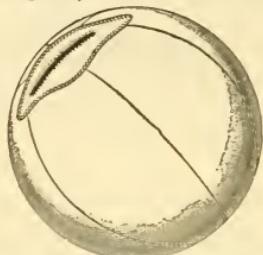
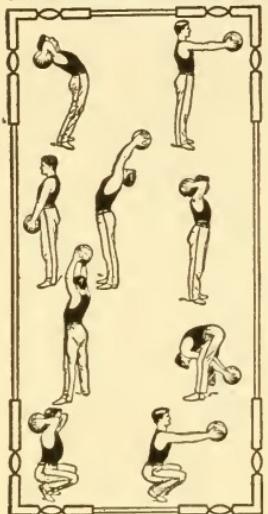
FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

Spalding Improved Medicine Balls



Weigh from four to nine pounds. The covering is of selected tan leather, sewn in the same manner as our foot balls. Quality throughout has been much improved and the balls as now made are extremely durable. The exercise consists of throwing ball to one another, and the catching of it develops the chest, exercises the back, arms, legs; in fact, improves the whole system.

No. 11. 4-lb. ball.	Each, \$5.00
No. 12. 6-lb. ball.	" 6.00
No. 13. 9-lb. ball.	" 7.00

Home Apparatus

"One of the aims of physical training is to make exercise interesting and enjoyable. To be beneficial in the highest sense it must be recreative. Particularly is this true of physical exercise for business men. As a class, in their daily work they are kept on a constant mental strain. Besides, they are, to a large degree, physically inactive. Life becomes too intense, too serious, too sordid. Exercise, therefore, for business men, must be largely recreative, relaxing and restful."—*Extract from Spalding Athletic Library, No. 262*
—*"Exercises with the Medicine Ball."*



Spalding Rubber Quoits

These quoits are of durable quality and should not be compared to the many worthless imitations whose only

recommendation is cheapness. Made of best Para rubber. For indoor or outdoor use. Four quoits to set.

No. 5. Per set, \$2.00

Spalding Loaded Rubber Quoits

Will not slide or roll. Weigh about 5 pounds to a set. Specially adapted for indoor use. Four to a set.

No. 6. Per set, \$3.00

Spalding Indoor Quoit Pins

No. J. Made with floor plate and detachable pin, which can be unscrewed when not in use, leaving plate flush with floor. Per pair, 75c.

Spalding Japanned Iron Quoits

No. 1. 4½ in. diameter, 1½ lbs. Set of four, \$.60
No. 2. 4½ in. diameter, 2 lbs. " " .75
No. 3. 5 in. diameter, 2½ lbs. " " .90
No. 4. 6 in. diameter, 3 lbs. " " 1.25
No. W. Wrought Iron Pins. Per pair, .30



Spalding Official Iron Quoits

Made to conform exactly to official rules. Malleable iron, 8½ inches in diameter, with hand clasp, as shown in cut.

No. O. Official Quoits. Per set of four, \$10.00



Spalding Official Quoit Pins

Measure 36 inches long by 1 inch in diameter, and are made so that referee can take measurements without difficulty.

No. X. Steel Pins. Per pair, \$2.00

Spalding Quoit Game
Consists of metal stand with nickel-plated upright pin and six gutta percha quoits. Makes an interesting game for indoors, as the quoits will not mar furniture or woodwork.

No. Q. Quoit Game. Complete, \$3.00
No. QR. Rings same as furnished with No. Q Quoit Game. Each, 25c.



PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

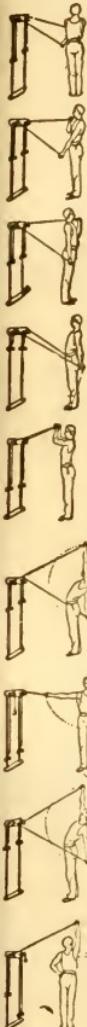
**A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES**

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

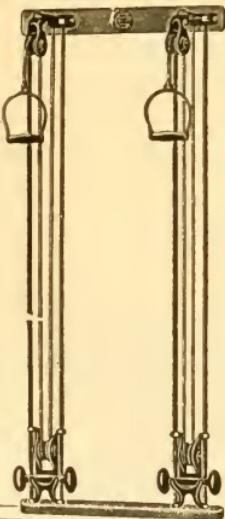
THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.



Spalding Home Apparatus

Exercise acts on the health of an individual in the same way as the draught does on the fire in a furnace. Pile on the coal and shut off the draught and you kill the fire. Continue to eat heavy meals and take no exercise and your health will be affected, not because of the food you have eaten so much as on account of the lack of exercise. A little exercise is all that is necessary to keep you in good condition. Some rational, pleasant and interesting exercise, persisted in with regularity and, preferably, with Spalding Home Apparatus, will help you to retain your health.

Spalding Chest Weight No. 2



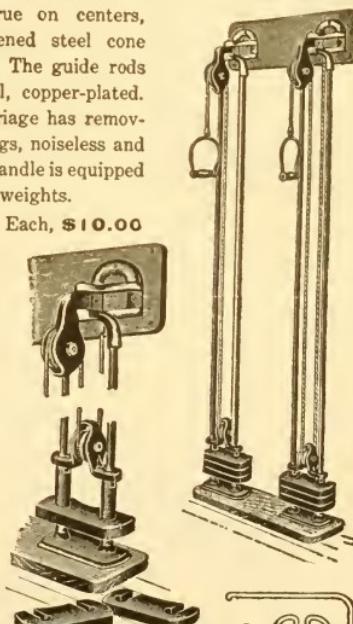
An ideal machine for home use. Well made and easy running. Rods are $\frac{3}{8}$ -inch coppered spring steel. Bearings are hardened steel cone points running in soft, gray iron, noiseless and durable. Weight carriage packed with felt, good for long wear, but easily removed and replaced when necessary without the use of glue or wedges of any kind. Weight carriage strikes on rubber bumpers. Weights are 5-pound iron dumb-bells, one to each carriage, and may be removed and used as dumb bells. Wall and floor boards are hard wood, nicely finished and stained. All castings heavily japanned. Every part of machine guaranteed free of defect.

No. 2. . . . Each, \$5.00

Spalding Chest Weight No. 12

We have just added this very well made machine to our line. Cast iron parts are all nicely japanned. The wheels are iron, turned true on centers, and have hardened steel cone point bearings. The guide rods are spring steel, copper-plated. The weight carriage has removable felt bushings, noiseless and durable. Each handle is equipped with 10 lbs. of weights.

No. 12. - Each, \$10.00



Showing important details of Construction of No. 12 Machine.

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

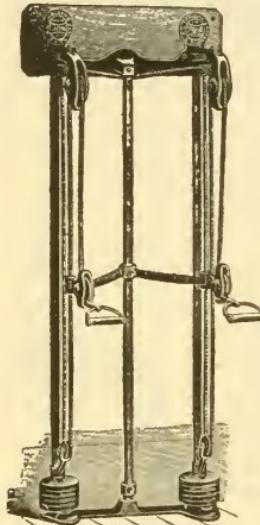
FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE **THE SPALDING** TRADE-MARK GUARANTEES QUALITY

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

Spalding Chest Weight



This machine has the Center Arm Adjustment, which permits of all the lower as well as the direct and upper chest movements. The various changes are made by raising or lowering the center arm, requiring but a few seconds. It really combines two machines in one, and is particularly suitable for home use where space is a consideration. Japan finish. One of the most reliable and satisfactory machines ever built. Each Machine is equipped with 16 pounds of weights.

CHEST WEIGHT MACHINE

No. 5. . . Each, \$15.00

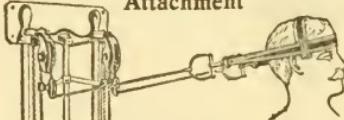
Spalding Foot and Leg Attachment



Illustrating Method of Fastening Foot and Leg Attachment to No. 5 Chest Weight Machine.

No. 2. Well made of heavy cowhide. Readily attached to one handle or both; can be worn with or without shoe. Each, \$1.50

Spalding Head and Neck Attachment



Illustrating Method of Fastening Head and Neck Attachment to No. 5 Chest Weight Machine.

No. 3. Well made of heavy cowhide, Ready for use by simply snapping to one of the handles or both. Each, \$1.50

Spalding Rowing Attachments

Machines, will be found particularly suitable for home use, as they may be detached from the weight machine quickly and can then be put away in very small space until the next opportunity for use presents itself.

To be used in connection only with chest weights which have center arm adjustment, or with handles arranged so that they can be pulled from a bracket close to the floor.

No. 1. This attachment as will be noted, has outriggers and arms similar to the rowing machine, and offers a great variety of work when used in connection with t chest weight.

No. 2. Complete, \$10.00

No. 2. Designed to fill the demand for low priced article this kind, built also

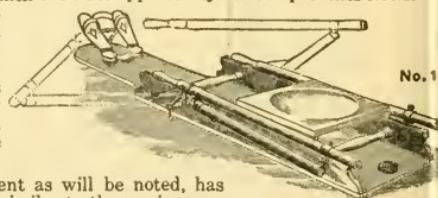
substantial lines. Will give entire satisfaction.

NOTE—These Attachments can be used only in connection with the No Type of Chest Weig' Machine.

Home Apparatus

Home apparatus, suitable for home use, and not altogether by the boys and girls of the household, but by the grown-ups; as a matter of fact, the ones who usually require exercise of a rational kind much more than the younger generation who have the time and inclination for outdoor exercise not possessed by many of their elders—that is what we will attempt to show in this section of our catalogue.

Used in connection with our various Athletic Libraries there is no reason why any man cannot practically renew his youthful vigor.



Complete, \$8.00

No. 2. Designed to fill the demand for low priced article this kind, built also

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

**A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES**

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY



THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

The Laflin Friction Rowing Machine



used to produce the resistance is a simple friction clutch, which takes instant hold at the commencement of the stroke and retains the pressure till its completion, when it instantly releases it precisely as in a boat. Quickly taken apart without loosening any bolts or screws. Each machine is adjustable to any amount of friction or resistance.

No. 119. Complete, \$16.00

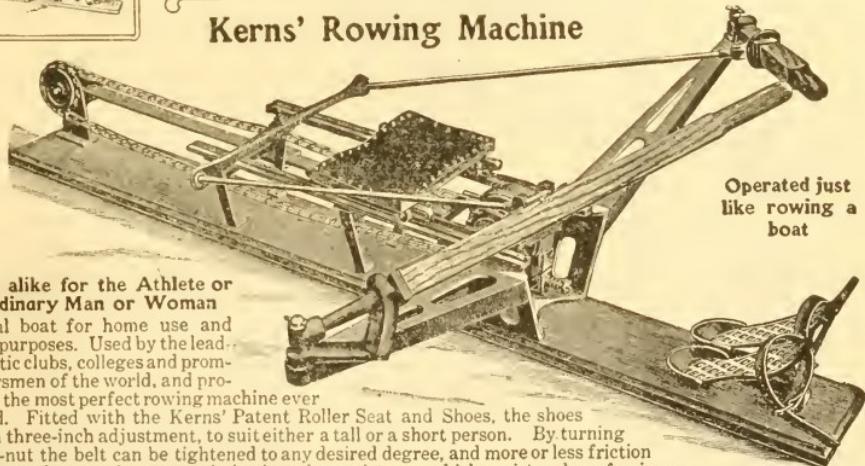
Do not use oil on friction cylinder. If its

action is not perfectly smooth a little clear soap rubbed on its surface will properly correct its action.

Home Apparatus

The apparatus listed in this catalogue is designed particularly for private use; i. e., in homes and private gymsnasiums. It retains the same superior marks of quality which distinguish the regular line of gymnasium apparatus manufactured by A. G. Spalding & Bros., but its distinctive design permits it to be sold at a price more in keeping with its use than heretofore obtainable, without any sacrifice of practical value or durability.

Kerns' Rowing Machine



Operated just like rowing a boat

Suitable alike for the Athlete or the ordinary Man or Woman

The ideal boat for home use and training purposes. Used by the leading athletic clubs, colleges and prominent oarsmen of the world, and pronounced the most perfect rowing machine ever produced. Fitted with the Kerns' Patent Seat and Shoes, the shoes having a three-inch adjustment, to suit either a tall or a short person. By turning a thumb-nut the belt can be tightened to any desired degree, and more or less friction thrown into the running parts, imitating the resistance which exists when forcing a row-boat through the water. The weaker sex can use the machine by simply loosening the thumb-nut which reduces the resistance; and on the other hand, by reversing the operation the resistance can be so increased that the strongest athlete can have any amount of resistance. The oars are pivoted in such a way that the operator can handle and turn them the same as he would during the return and feathering motion with a boat oar.

No. 600. Kerns' Patent Single Scull Rowing Machine.

Each, \$30.00

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO
SUBSTITUTE THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

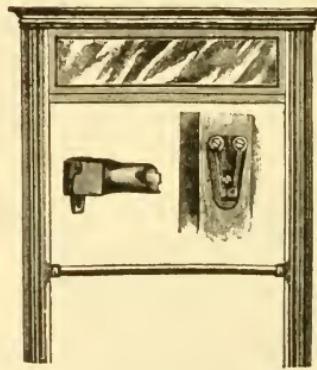
Spalding Adjustable Doorway Horizontal Bar



No. A. The bar itself is made of selected hickory, having steel tubular ends into which iron sockets screw, holding rubber cushions. The socket on one end contains a left hand thread, on the other end a right hand thread. By fitting the bar in the doorway and turning it with the hands the ends are made to expand and the friction applied by the rubber against the sides of the doorway is sufficient to sustain the weight of a heavy man. This bar may be used for chinning exercises, being adjustable to any height, also for abdominal work as shown by cuts in margin of this page. Size of doorway in which bar will be used must be stated when ordering, as the adjustment is not great enough to meet all requirements in one size bar. . . . Each, \$4.00
This No. A Bar is supplied regularly to fit any doorway under 33 inches in width.

Bars to fit wider doorways. . . . Extra, 50c.

Spalding Doorway Horizontal Bar



acrobatics, and in fact for most any kind of home gymnasium work they are well nigh indispensable. They are not recommended for use in gymsnasiums, in this grade and will be supplied only in sizes and materials specified. Covered with best No. 10 white duck, filled with two layers of best one-inch hair felt, closely tufted and strongly sewed. Two inches thick.

No. 00. 3x 5 ft.	Each, \$ 8.00
No. 01. 4x 6 ft.	" 12.00
No. 02. 5x 6 ft.	" 15.00
No. 03. 5x10 ft.	" 25.00

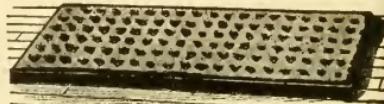
Home Apparatus

Exercise is a debt that every man owes to his constitution and he cannot pay it up too promptly. Heredity gave you as a gift a certain quota of health. posterity demands that you increase that quota to as great an extent as possible. Even if you do not value health for yourself, you should have enough consideration for those who are to come after you to leave them no greater handicap in the race of life than you started with yourself. To do this is not necessary that you become an athlete or neglect your business affairs. Good health simply necessitates that you take a moderate amount of exercise in a rational way.

No. 101. The keys fastened to each end of bar fit in the side sockets, which are secured to door jamb and hold the bar firmly in place. The parts are of malleable iron, very light, yet strong enough to sustain the heaviest man. The bar may be quickly removed when not in use, leaving no projecting part. Complete with parts. \$2.00
Extra sockets for doorway. . . . Pair, .50
With two pairs of sockets the bar may be used for either chinning or abdominal exercises.

Spalding Mattresses

The value of a good mattress as a preventive of strains and bruises in home exercises is not generally recognized, but it is a fact that in this one feature lies their chief value. They are also indispensable as an adjunct to home



We make regular Gymnasium, Wrestling and Tumbling Mattresses also.
Prices quoted on application.

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

Spalding Home Gymnasium

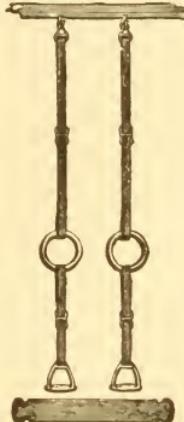
Combining Swinging Rings, Trapeze, Stirrups and Swing



Can be put up Anywhere



Especially adapted for use by Boys and Girls



The apparatus is supported by two strong screw-hooks in the ceiling, about eighteen inches apart. It can also be used out of doors. The straps are of extra strong webbing and adjustable to any desired height; rings heavily japanned. The apparatus can be put up in any room, and removed in a moment, leaving only two hooks in the ceiling visible. The various combinations can be quickly and easily made. We furnish in addition, a board, adjustable to the stirrups which forms an excellent swing.

No. 1. Complete, ready to put up. \$6.00

HOME APPARATUS

Start with the boy by making him take some kind of exercise, and if he is not inclined to do so without urging, provide him with suitable apparatus that is at the same time interesting. It won't be long before you will see the effects in his improved physique and no urging will be necessary to induce him to show off his prowess on swinging rings or trapeze. The boy that is started this way grows up with the inclination for athletic exercises that will keep him in good health during the balance of his life.



No. 201. Adjustable Trapeze

Spalding Adjustable Trapeze and Swinging Rings

Furnished complete, with everything necessary for suspending. The supports are made of extra strong webbing. Perfectly safe under all conditions and with the adjustable buckle may be adapted to any ceiling from 16 feet down.

No. 201. Trapeze. . \$3.50

No. 301. Complete with 6-inch Japanned Swinging Rings. \$3.50



No. 301. Adjustable Swinging Rings

DEPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

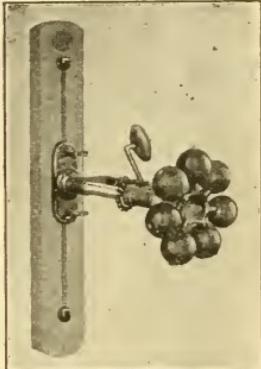
A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE **THE SPALDING** TRADE-MARK GUARANTEES QUALITY

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE



The Spalding Automatic Abdominal Masseur

A Safe and Sure Cure for Constipation and Other Kindred Ailments

The Automatic Abdominal Masseur is offered the public for treatment of constipation, based upon the principle of muscular contraction (the force which nature uses), and, by its mechanical arrangement, it effectively applies force in the same direction that nature does, and will gradually accustom the use of cathartics. So promptly does the Automatic Abdominal Masseur excite the muscular contraction of the intestines, that only a few moments' use at the proper time is necessary before its effects will be manifest. Its action upon the liver and stomach is equally as prompt and effective; derangements of these organs are speedily remedied.

N. E. cor. 15th and Locust Sts., Philadelphia, Pa.

May 24th, 1906.

A. G. SPALDING & BROS.
Gentlemen: I have used the Spalding Automatic Abdominal Masseur in my practice for over fifteen years. I have found it of great benefit in chronic constipation and indigestion. Your improvement increases its value.

Very truly yours, WALTER A. FORD, M.D.

The Spalding Automatic Abdominal Masseur. Equipped with Japanned Detachable Gear Cover. Complete, \$10.00

Spalding Home Gymnasium Board

A Complete Gymnasium for the Home on one Board

Convenient, does not take up much room, is always ready, and is really the most compact, simplest and best arrangement for providing a complete set of home exercising apparatus that has ever been devised.—CONSISTS OF

Board with attachments for fastening to floor or room

so that walls need not be marred. \$10.00

Spalding Abdominal Masseur. 10.00

No. PR Spalding Adjustable Striking Bag Disk. 5.00

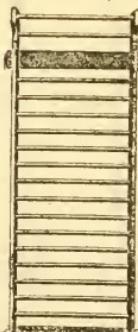
No. 2 Spalding Chest Weight Machine, including pair of 5-lb. Dumb Bells. 5.00

No. 14 Spalding Striking Bag. 1.50

Complete, all attached, \$31.50

Board itself will be furnished separately if desired. Each, \$10.00

Board only is fastened to floor. Braces are padded with leather, so that walls will not be damaged. Can be put up in any room with a ceiling 8 ft. high. As the Complete outfit is made up and carried in stock by us, equipped as noted above, we cannot supply board with different articles already attached.



Leather Covered Shot—For Abdominal Massage

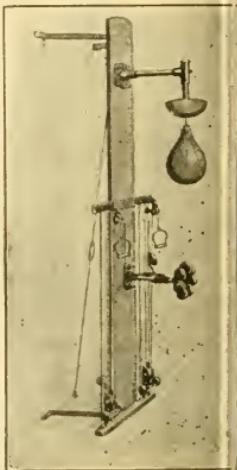
No. A. Consists of an iron ball, which is wound with electric tape and is then covered with a very soft and smooth grade of horsehide. It is made in either 6 or 8 lbs. weight. Each, \$5.00



Spalding Bar Stalls

This well known and popular piece of apparatus is particularly adapted for use in the home, as it is compact, of simple construction, and because it may be used for the greatest variety of movements affecting every part of the body. The principal requirements of apparatus for the home are abdominal and chest movements, and for these the Bar Stall is especially adapted. The Stall may be erected against the wall, behind a door, or against any other flat surface. The dimensions are eight feet high, thirty-six inches wide on center of uprights, and it extends six inches into the room.

No. 20H. For home use. Per section, \$8.00



Spalding Bar Stall Bench

Made of hard pine, strong and substantial. The top is padded with hair felt covered with canvas. We find it is preferable, for sanitary reasons, that this canvas should be painted. (A special oil paint is used), and unless otherwise specified, our stall benches will be so furnished. No. 205. Single. Ea., \$4

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.



Spalding Coat Jerseys

Following sizes carried in stock regularly in all qualities: 23 to 44 inch chest. Other sizes at an advanced price.

We allow two inches for stretch in all our Jerseys, and sizes are marked accordingly.
It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

STOCK COLORS

Gray	Black	Maroon	Cardinal	Royal Blue	Peacock Blue	Olive Green	Pink	Yellow	Old Gold
Orange	White	Scarlet	Navy	Columbia Blue	Dark Green	Irish Green	Purple	Seal Brown	Drab

PLAIN COLORS—The above stock colors are supplied in our worsted jerseys (NOT Nos. 6 or 6X) at regular prices. Other colors to order only in any quality (EXCEPT Nos. 6 or 6X) 25c. each extra.

STRIPES AND TRIMMINGS—Supplied as specified in any of the above stock colors (not more than two colors in any garment) at regular prices. Other colors to order only in any quality (EXCEPT Nos. 6 or 6X) 25c. each extra.



No. 10C and 12C



No. 10CP



No. 10PW and 12PW

Spalding Striped and V-Neck Jerseys

Note list of stock colors above

No. 10PW. Good quality worsted, same grade as No. 10P. Solid stock color body and sleeves, with 6-inch stock color stripe around body. Each, \$3.50



No. 10PX and 12PX



No. 12PV

No. 12PV. Worsted, solid stock colors, with V-neck instead of full collar as on regular jerseys. Each, \$3.00

No. 12PW. Worsted; solid stock color body and sleeves with 6-inch stock color stripe around body. Each, \$3.00

No. 10PX. Good quality worsted, fashioned; solid stock color body, with stock color striped sleeves, usually alternating two inches of same color as body, with narrow stripes of any other stock color. Each, \$3.50

No. 12PX. Worsted, solid stock color body, with stock color striped sleeves, usually alternating two inches of same color as body, with narrow stripes of any other stock color. Each, \$3.00

PRICES SUBJECT TO CHANGE WITHOUT NOTICE

ROBERT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY



Spalding New and Improved Worsted Jerseys

Following sizes carried in stock regularly in all qualities: 28 to 44 inch chest.
Other sizes at an advanced price.



Jerseys are being used more and more by base ball players, especially for early Spring and late Fall games. The Spalding line includes a complete assortment of styles and qualities.

We allow two inches for stretch in all our Jerseys, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

STOCK COLORS

PLAIN COLORS—The following stock colors are supplied in our worsted jerseys (NOT Nos. 6 or 6X) at regular prices. Other colors to order only in any quality (EXCEPT Nos. 6 and 6X), 25c. each extra.

Gray	Scarlet	Peacock Blue	Purple
Orange	Cardinal	Dark Green	Yellow
Black	Navy Blue	Olive Green	Seal Brown
White	Royal Blue	Irish Green	Old Gold
Maroon	Columbia Blue	Pink	Drab

No. 1P. Full regular made; that is, fashioned or knit to exact shape on the machine and then put together by hand, altogether different from cutting them out of a piece of material and sewing them up on a machine as are the majority of garments known as Jerseys. Special quality worsted. Solid stock colors. . . . Each, \$4.50

No. 10P. Worsted, fashioned. Solid stock colors, . . . Each, \$3.00

No. 12P. Worsted; solid stock colors. . . . Each, \$2.75

No. 12XB. Boys' Jersey. Worsted. Furnished in sizes 26 to 36 inches chest measurement only. Solid stock colors only. No special orders. Each, \$2.00

SPECIAL NOTICE

We will furnish any of the above solid color Jerseys, (except Nos. 6 and 6X) with one color body and another color (not striped) collar and cuffs in stock colors only at no extra charge.



Nos 1P, 10P and 12P

Spalding Cotton Jerseys

No. 6. Cotton, good quality, fashioned, roll collar, full length sleeves. Colors: Black, Navy Blue, Gray and Maroon only. Each, \$1.00

No. 6X. Cotton, same as No. 6, but with striped sleeves in following combinations only: Navy with White or Red stripe; Black with Orange or Red stripe; Maroon with White stripe. . . Each, \$1.25

Woven Letters, Numerals or Designs

We weave into our best grade Jerseys, No. 1P, Letters, Numerals and Designs in special colors as desired. Prices quoted on application. Designs submitted.



PRICES SUBJECT TO ADVANCE WITHOUT NOTICE

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

ACCEPT NO
SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES
QUALITY



SPALDING Gymnasium Apparatus

MANY years' experience is behind Spalding Gymnasium Apparatus. The most thoroughly equipped and largest plant of its kind in the world makes possible the highest grade of apparatus at the lowest cost of manufacture.

Apparatus of the highest grade—Spalding—insures safety to the users, saves the necessity of constant supervision of parts, gives freedom from worry and adds valuable time to the day's programme, does not "eat its head off" in repairs, gives by its durability many years of added service, and proves itself a valuable investment.

Every piece of Spalding apparatus is manufactured and sold under the Spalding Guarantee, and the Spalding Guarantee for 30 years has meant something.

To those contemplating the purchase of Gymnasium Apparatus we solicit a careful comparison of quality. The quality of apparatus selected is a potential factor in the success of the gymnasium.

We will be glad to prepare plans and submit suggestions for college, playground or private equipments. Our experience, knowledge and facilities are freely offered to anyone interested.

A. G. SPALDING & BROS., Inc.
Gymnasium Contract Department CHICOOPEE, MASS.

ACCEPT NO
SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEED
QUALITY



THE SPALDING STRIKING BAGS

THE BLADDERS USED IN ALL OUR STRIKING BAGS ARE MADE OF PURE PARA RUBBER
(NO COMPOSITION) AND FULLY GUARANTEED

All our single end bags except No. G are made with solid leather top, through center of which rope passes, making them the most certain in action of any. Laces on side at top, so that the bladder can be inflated without interfering with rope. Each bag is most carefully inspected and then packed complete in box with bladder, lace and rope.



No. G



No. 19

No. G. This is a heavy durable Gymnasium Bag suitable for all around exercise work and the strongest bag made. The cover is of heavy English grain leather, same as used in our best grade foot balls and basket balls and made in the same way. It will outlast two or three bags of any other make. With loop top. Each, \$8.00

No. 19. Made of highest quality Patna kid, the lightest and strongest of leather. Sewed with linen thread, double stitched and red welted seams. Especially suited for exhibition work, and a very fast bag. Each, \$7.00

No. 19S. Same material as No. 19, but furnished with special light bladder and weighs only 7 ounces complete. The fastest bag made, but very strong and durable. Each, \$7.00

No. 20. Made of finest selected calfskin, double stitched, red welted seams and reinforced throughout. Very fast and a durable bag for all around use. Each, \$7.00

No. 18. The "Fitzsimmons Special." Made of finest selected olive Napa tanned leather, extra well made; double stitched, red welted seams and reinforced throughout. For training purposes particularly this bag will be found extremely satisfactory in every respect. Each, \$5.00

No. 18S. Same as No. 18, but smaller in size and lighter. Intended for very speedy work. Each, \$5.00

No. 12. Olive tanned leather, specially selected; double stitched, red welted seams and reinforced throughout. Excellent for quick work. Each, \$4.00

No. 10. Specially tanned brown glove leather; double stitched, red welted seams and reinforced throughout. Very well made. Each, \$3.50

No. 17. Made of fine craven tanned leather, well finished; double stitched, red welted seams and reinforced throughout. A good bag. Each, \$3.50

No. 16. Extra fine grain leather, full size and lined throughout. Each, 3.00

No. 15. Made of olive tanned leather, full size and lined throughout; red welted seams. Each, \$2.00

No. 14. Good quality colored sheepskin; lined throughout. Each, 1.50

SPALDING STRIKING BAG SWIVELS



No. 8



No. 11



No. 9



No. 12



No. 6

No. 8. The simplest and most effective ball bearing swivel on the market. Rope can be changed instantly without interfering with any other part of swivel. Each, \$1.50

No. 9. With removable socket for quickly suspending or removing bag without readjusting. Each, 50c.

No. 11. Swivel action, with bell cord coupling and rope attached. Fastens permanently to disk; japan finish. Each, 50c.

No. 6. Japanned iron stem for use with platform or disk. Each, 35c.

No. 12. Ball and socket action. Fastens permanently to disk; nickel-plated. Each, 25c.

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO
SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES
MADE IN U.S.A.

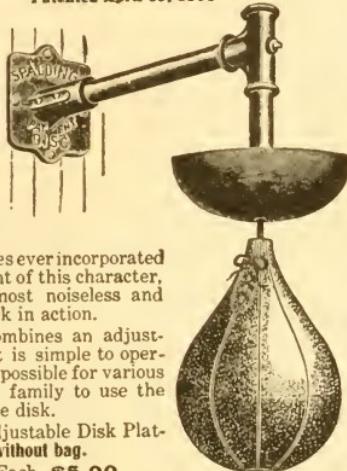
The Spalding Disk Platform

Home Apparatus

"Many forms of exercise are indulged in by folk desirous of improving their physical condition, but none of them is more attractive and at the same time more beneficial than bag punching. Arms, shoulders, hands, wrist, the neck and legs are brought into play individually and in combination in bag punching. Aside from the development in these parts of the body, the shoulders are made square and upright, the chest is broadened, the eye quickened and the brain stimulated. The direct result is a new being for the bag puncher."—Extract from Spalding's Athlete Library, No. 191, "Bag Punching."

Bag is NOT Included with this Platform

Patented April 19, 1904



Can be put up in a very small space and taken down quickly when not in use by simply detaching the pipe fixture from the wall plate. The metal disk against which the bag strikes constitutes one of the best features ever incorporated in an arrangement of this character, rendering it almost noiseless and very quick in action.

This disk also combines an adjustable feature that is simple to operate and makes it possible for various members of the family to use the same disk.

The Spalding Adjustable Disk Platform, without bag.

No. PR. Each, \$5.00

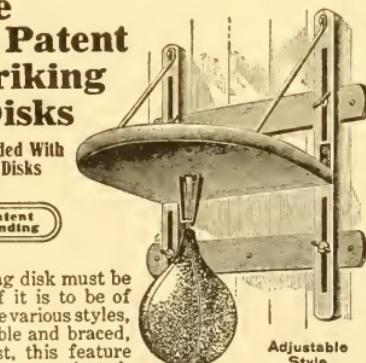
The Spalding Patent Solid Striking Bag Disks

Bag is NOT Included With Either of These Disks

Patent Pending



Wall Braced Style



Adjustable Style

A striking bag disk must be substantial if it is to be of use, and in the various styles, both adjustable and braced, which we list, this feature has not been neglected, while we have striven to put out a disk which is suitable for home use and moderate in price.

No. FR. Complete, Without Bag. Each, \$5.00 No. CR. Complete, Without Bag. Each, \$7.50

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

**A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES**

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO
SUBSTITUTE THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY

Spalding's Official Athletic Almanac

The
Recognized Official
Authority
on all
Matters Athletic
Published Annually
Price, 10 Cents



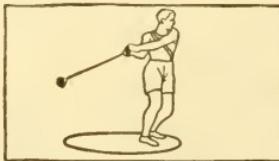
Edited by
J. E. Sullivan
Secretary - Treasurer
of the
Amateur
Athletic Union
of the
United States

RECORDS

A. A. U. Champions—

Track and Field
Junior and Senior
Individual
Indoor
Swimming
Indoor Swimming
Gymnastic
Bag Punching
Boxing
Wrestling

Central Association A. A. U.
Metropolitan Assoc. A. A. U.
Middle Atlantic Assoc. A. A. U.
New England Assoc. A. A. U.
Pacific Association A. A. U.
South Atlantic Assoc. A. A. U.
Southern Association A. A. U.
International Meets
Interscholastic



RECORDS

Running High Jumping
Walking Broad Jumping
Shot Putting

Throwing the Hammer

Throwing the Discus

Three-Legged Race

Sack Racing

Javelin Kicking

Lifting Long Dive

Marathon Road Races

Parallel Bar

Relay Racing

Rope Climbing

Running Backwards

Running the Bases

Skating

Stone Gathering

Pole Vaulting

Winners in Olympic Games
Women's Athletic Records

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO
SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES
QUALITY

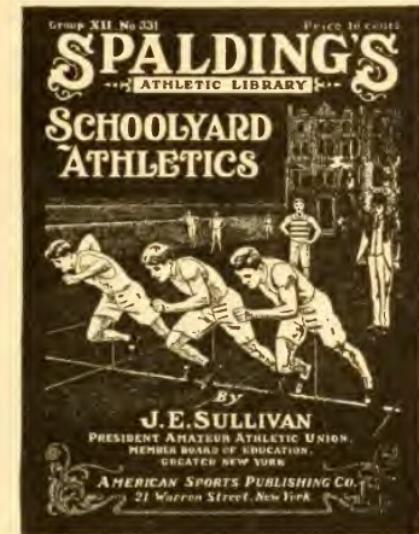
SPALDING'S ATHLETIC LIBRARY
GROUP XII. No. 331.

Schoolyard Athletics

By J. E. SULLIVAN

President Amateur Athletic Union;
Member Board of Education Greater New York.

THE great interest in athletics that has developed in the public schools within recent years has led to the compilation of this book with a view to the systemization of the various events that form the distinctively athletic feature of school recreation. With its aid any teacher should be able to conduct a successful meet, while the directions given for becoming expert in the various lines will appeal to the pupil. Some of the leading athletes have contributed chapters on their specialties: Ray Ewry, holder of the world's high jump record, tells how to practice for that event; Harry Hillman, holder of the hurdle and three-legged records, gives hints on hurdle racing and three-legged racing; Martin Sheridan, all-around champion of America, gives directions for putting the shot; Harry F. Porter, high jump expert, describes how to become proficient in that event. The book is illustrated with photos taken especially for it in public school yards.



PRICE 10 CENTS

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

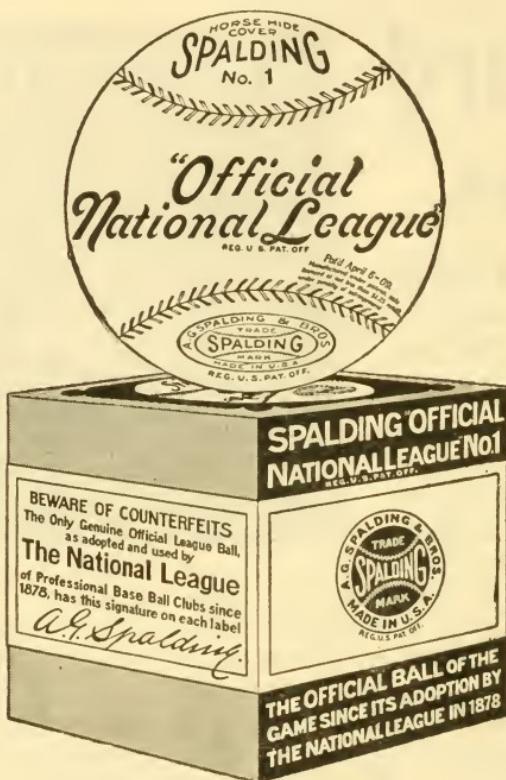
Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO
SUBSTITUTE THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY



Spalding “Official National League” Ball

REG. U. S. PAT. OFF.

Official Ball
of the Game
for over
Thirty Years



DOPTED by the National League in 1878, and the only ball used in Cham-
pionship games since that time. Each ball wrapped in tinfoil, packed in
a separate box, and sealed in accordance with the latest League regula-
tions. Warranted to last a full game when used under ordinary conditions.

No. 1. Each, \$1.25

Per Dozen, \$15.00

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER,
OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

THE following selection of items from their latest Catalogue will give an idea of the great variety of ATHLETIC GOODS manufactured by A. G. SPALDING & BROS. SEND FOR A FREE COPY.

Archery	Gloves—	Numbers, Compet-	Shoes—
Bags—	Base Ball	Pads— [itors'	Jumping
Bat	Boxing	Chamois, Fencing	Running
Cricket	Cricket	Foot Ball	Skating
Striking	Fencing	Sliding, Base Ball	Squash
Uniform	Foot Ball	Pants—	Tennis
Balls—	Golf	Base Ball	Shot—
Base	Handball	Basket Ball	Athletic
Basket	Hockey, Ice	Foot Ball, College	Indoor
Cricket	Glove Softener	Foot Ball, Rugby	Massage
Field Hockey	Goals—	Hockey, Ice	Skates—
Foot, College	Basket Ball	Running	Ice
Foot, Rugby	Foot Ball	Pennants, College	Roller
Foot, Soccer	Hockey, Ice	Plates—	Skis
Golf	Golf Clubs	Base Ball Shoe	Sleeve, Pitchers
Hand	Golf Counters	Home	Snow Shoes
Indoor	Golfette	Marking, Tennis	Squash Goods
Medicine	Gymnasium, Home	Pitchers' Box	Straps—
Playground	Gymnasium Board	Pitchers' Toe	Base Ball
Squash	Hammers, Athletic	Teeing, Golf	For Three-Legged Race
Tennis	Hats, University	Platforms, Striking	Skate
Volley	Head Harness	Bag	Stockings
Water Polo	Health Pull	Poles—	Striking Bags
Bandages, Elastic	Hockey Sticks, Ice	Vaulting	Suits—
Bathing Suits	Hole Cutter, Golf	Polo, Roller, Goods	Basket Ball
Bats—	Hole Rim, Golf	Posts—	Gymnasium
Base Ball	Horse, Vaulting	Backstop, Tennis	Gymnasium,
Cricket	Hurdles, Safety	Lawn Tennis	Ladies'
Belts	Hurley Goods	Protectors—	Running
Caps—	Indian Clubs	Abdomen	Soccer
Base Ball	Jackets—	Base Ball Body	Swimming
University	Fencing	Eye Glass	Union Foot
Water Polo	Foot Ball	Push Ball	Ball
Chest Weights	Javelins	Quoits	Supporters
Circle, Seven-Foot	Jerseys	Rackets, Tennis	Ankle
Coats, Base Ball	Knee Protectors	Rings—	Wrist
Collars, Swimming	Lacrosse	Exercising	Suspensories
Corks, Running	Lanes for Sprints	Swinging	Sweaters
Covers, Racket	Lawn Bowls	Rowing Machines	Tether Tennis
Cricket Goods	Leg Guards—	Rogue	Tights—
Croquet Goods	Base Ball	Sacks, for Sack	Full
Discus, Olympic	Cricket	Racing	Wrestling
Dumb Bells	Foot Ball	Score Board, Golf	Knee
Emblems	Markers, Tennis	Score Books—	Toboggans
Equestrian Polo	Masks—	Score Tablets, Base	Trapeze
Exerciser, Home	Base Ball	Shirts— [Ball	Trunks—
Felt Letters	Fencing	Athletic	Bathing
Fencing Sticks	Nose [inal	Base Ball	Velvet
Field Hockey	Masseur, A b dom-	Basket Ball	Worsted
Flags—	Mattresses	Bowling	Umpire Indica-
College	Mitts—	Clog	Uniforms
Foul, Base Ball	Base Ball	Cross Country	[tor
Marking, Golf	Handball	Cricket	Wands, Calis-
Foils, Fencing	Striking Bag	Fencing [ation	thetic
Foot Balls—	Moccasins	Foot Ball, Associa-	Watches, Stop
Association	Nets—	Foot Ball, College	Water Wings
College	Cricket	Foot Ball, Rugby	Weights, 56-lb.
Rugby	Golf Driving	Foot Ball, Soccer	Whitely Exer-
Glasses, Base Ball	Tennis	Golf	cisers
Sun	Volley Ball	Gymnasium	Wrestling
Automobile			Equipment

Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not even expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that, ten years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures his supply of Spalding Athletic Goods direct from the manufacturer under a restricted retail price arrangement by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

FIRST—The user is assured of genuine Official Standard Athletic Goods, and the same fixed prices to everybody.

SECOND—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are required to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

Positively, nobody; not even officers, managers, salesmen or other employes of A. G. Spalding & Bros., or any of their relatives or personal friends, can buy Spalding Athletic Goods at a discount from the regular catalogue prices.

This, briefly, is the "Spalding Policy," which has already been in successful operation for the past ten years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By *A.G. Spalding*
PRESIDENT.

t
i
s
t
r
e
p
o
s
h
g

One copy del. to Cat. Div.

MAY 21 2010



Standard Quality

An article that is universally given the appellation "**Standard**" is thereby conceded to be the Criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is **guaranteed** by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for thirty-three years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

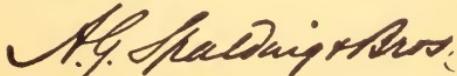
The necessity of upholding the guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect, must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis for a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.





0 006 010 848 1

SPALDING

ATHLETIC LIBRARY

A separate book covers every Athletic Sport
and is Official and Standard
Price 10 cents each

GRAND PRIZE



GRAND PRIX



ST. LOUIS, 1904

PARIS, 1900

SPALDING ATHLETIC GOODS ARE THE STANDARD OF THE WORLD

A. G. SPALDING & BROS.

MAINTAIN WHOLESALE and RETAIL STORES in the FOLLOWING CITIES:

NEW YORK

CHICAGO

PHILADELPHIA

ST. LOUIS

BOSTON

KANSAS CITY

BALTIMORE

MINNEAPOLIS

WASHINGTON

SAN FRANCISCO

PITTSBURG

CINCINNATI

BUFFALO

DENVER

SYRACUSE

DETROIT

NEW ORLEANS

CLEVELAND

LONDON, ENGLAND

ATLANTA

SEATTLE

BIRMINGHAM, ENGLAND

DALLAS

COLUMBUS

EDINBURGH, SCOTLAND

ST. PAUL

SYDNEY, AUSTRALIA

MONTREAL, CANADA

Factories owned and operated by A.G. Spalding & Bros. and where all of Spalding's Trade-Marked Athletic Goods are made are located in the following cities:

NEW YORK

CHICAGO

SAN FRANCISCO

CHICOPEE, MASS.

BROOKLYN

BOSTON

PHILADELPHIA

LONDON, ENG.